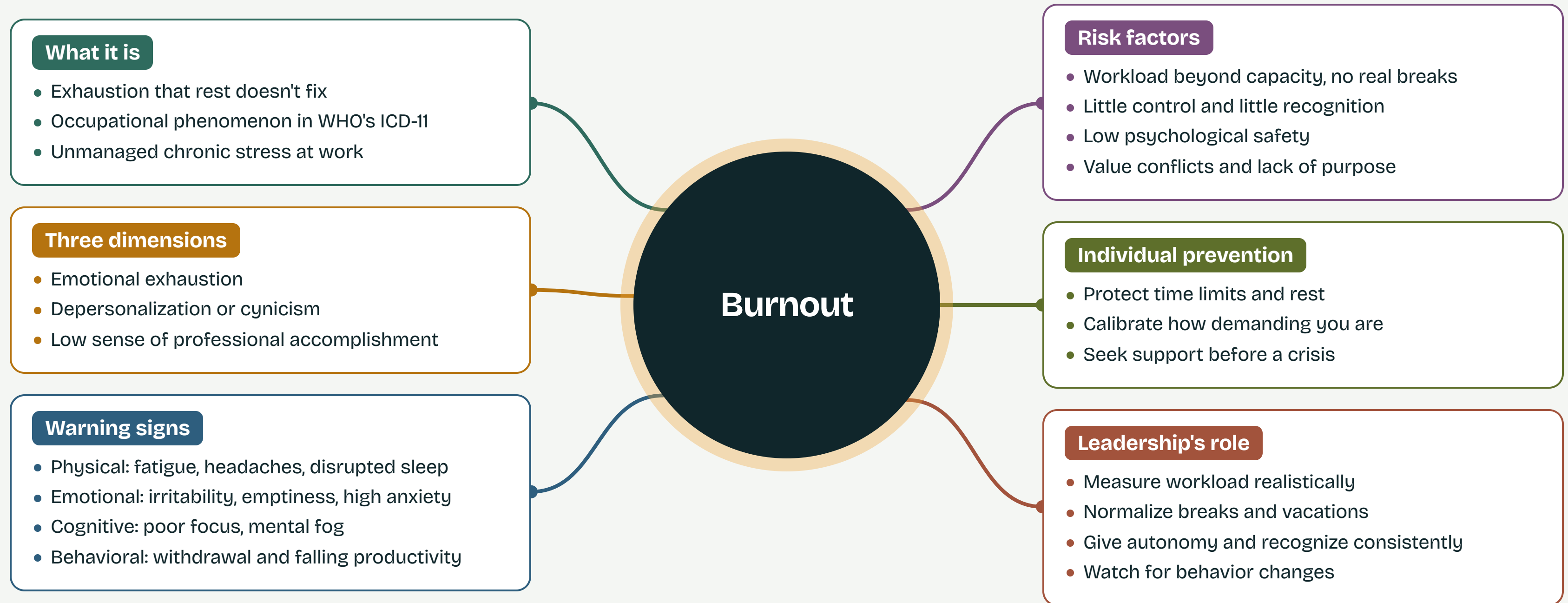


Burnout: warning signs, causes and prevention



Action plan

1

Notice signs that don't improve with rest

2

Protect your log-off time, disconnection and real rest

3

Match your effort to each task's real importance

4

Talk to your manager about your workload

5

See a doctor or psychologist if the signs persist

Key takeaway

Burnout signals an imbalance at work, not weakness: notice it early and seek professional support.