Symptoms of Burnout

1. Procrastination in the completion of imposed tasks
2. Perpetual or habitual lateness
3. A liking for sadistic or ironic humor
4. Sarcasm, cynicism, or flippancy in conversation
5. Frequent sighing
6. Over politeness, constant cheerfulness, attitude of “grin and bear it”
7. Smiling while hurting
8. Frequent disturbing or frightening dreams
9. Over-controlled monotone speaking voice
10. Difficulty in getting to sleep or sleeping through the night
11. Boredom, apathy, loss of interest in things you are usually enthusiastic about
12. Slowing down of movements
13. Getting tired more easily than usual
14. Excessive irritability over trifles
15. Getting drowsy at inappropriate times
16. Sleeping more than usual – maybe 12 to 14 hours a day
17. Waking up tired rather than rested or refreshed
18. Clenched jaws – especially while sleeping
19. Facial tics, spasmodic foot movements, habitual fist clenching and similar repeated physical acts done unintentionally or unaware
20. Grinding of the teeth – especially while sleeping
21. Chronically stiff or sore neck or shoulder muscles
22. Chronic depression…extended periods of feeling down for no reason
23. Stomach ulcers