

10 Signs of Career Burnout

By Linda Matias

“Learning to distinguish normal stress from the deeper issues that lead to career burnout is important in order to effectively deal with the problem. Also, recognizing that any job can have this issue can empower you to make positive changes in your own workplace. The signs can vary from individual to individual, but the following are some universal indicators that one can use to determine if career burnout is occurring.

Depression

Feelings of despair and sadness that last for weeks or months usually signal that something in your life is not working like it should and is cause for an investigation into the cause – potentially your job.

Lack of energy

If you find yourself struggling to get out of bed in the morning to go to work or experiencing constant fatigue throughout the day, your career could be the culprit.

Lack of desire

You used to be motivated to work your hardest and achieve the goals you set for yourself. But lately, you find that you just don't care if you are successful or not – a telltale warning that you may have become burned out.

Decreased productivity

Your supervisor and co-workers used to praise you for the work results you produced; however, lately you have missed several important project deadlines and have become undependable because these things just didn't seem that important to you.

Increased absences and/or tardiness

There used to be a day when you would rather have cut off your left hand than be late or miss a day of work. Nowadays, you find yourself looking for every opportunity to skip out on work.

Abuse of alcohol/drugs

Requiring alcohol or drugs to get through a workday is a definite red flag that you are experiencing a tremendous amount of work-related stress.

Boredom

Occasional boredom in one's career is completely normal; however, pervasive feelings of weariness and dreariness are not and are an indicator of potential burnout.

Anger/resentment in workplace

Frequently lashing out at co-workers and/or supervisors is unacceptable under any circumstance. This behaviour deserves immediate attention due to its potentially abusive nature.

Sleep problems

Insomnia or occasional fatigue can happen to anyone but are a cause for concern if they become constant and a part of your everyday life. Sleep disturbances are your body's way of saying it is overworked.

Inability to relax

If you find that you no longer enjoy your favourite non-work activities or that you are constantly tense with headaches, your career could be harming your health and happiness”

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