

# SYMPTOMS OF BURNOUT

Sheldon Braaten, 1990

## HEALTH RELATED SYMPTOMS:

Acne	Diabetes	Itching
Alopecia areata	Diarrhea	Menstrual difficulties
Asthma	Enuresis	Muscular pain
Alcoholism	Eye conditions	Obesity
Allergies	Fatigue	Psoriasis
Appendicitis	Frigidity	Peptic ulcers
Arthritis	Gout	Rheumatic fever
Cancer	Headache	Sleep disorders
Colds	Heart conditions	Thyroid problems
Constipation	Impotence	
Dermatitis	Indigestion	

## BEHAVIORAL AND EMOTIONAL SYMPTOMS:

**Increased use of:** caffeine, tobacco, medications, illicit drugs and risk taking

### Also:

Anger and aggression	Irritable	Poor productivity
Absenteeism	Isolated	Rigidity
Day dreaming	Marital discord	Tension
Depression	Martyrdom	Undefined fears
Gambling	Mood changes	Withdrawal
Hyperactivity	Nervous tics	
Intellectualization	Paranoia	

## ATTITUDE SYMPTOMS:

Blaming	Grandiosity	Self-doubt
Boredom	Hyper-critical	Self-righteousness
Changed values	Lost interest in work	Suspicious
Cynicism	Pessimism	
Distrustful	Powerlessness	

## RELATIONSHIP SYMPTOMS:

### With clients:

Aggressive	Derogatory	Mechanical references to
Blaming	Detached	“cases or various labels
Critical	Lessened caring & empathy	

### With co-workers:

Dependent	Increased conflicts	Suspicious
Feeling unappreciated	Inflexible isolation	

## ORGANIZATIONAL SYMPTOMS:

Absenteeism	More accidents	Tardiness
High turnover	Mutual blaming	
Low moral	Poor client services	