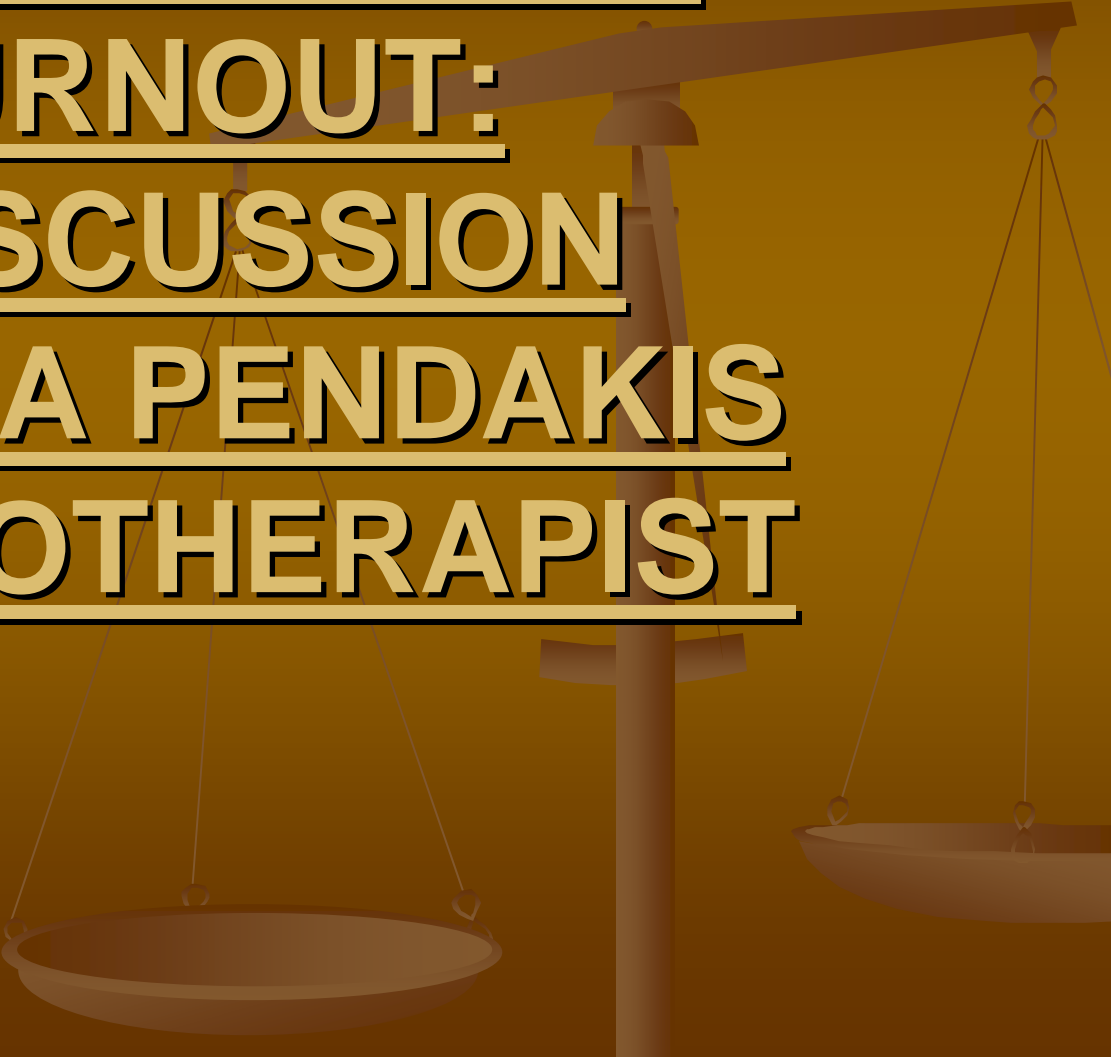
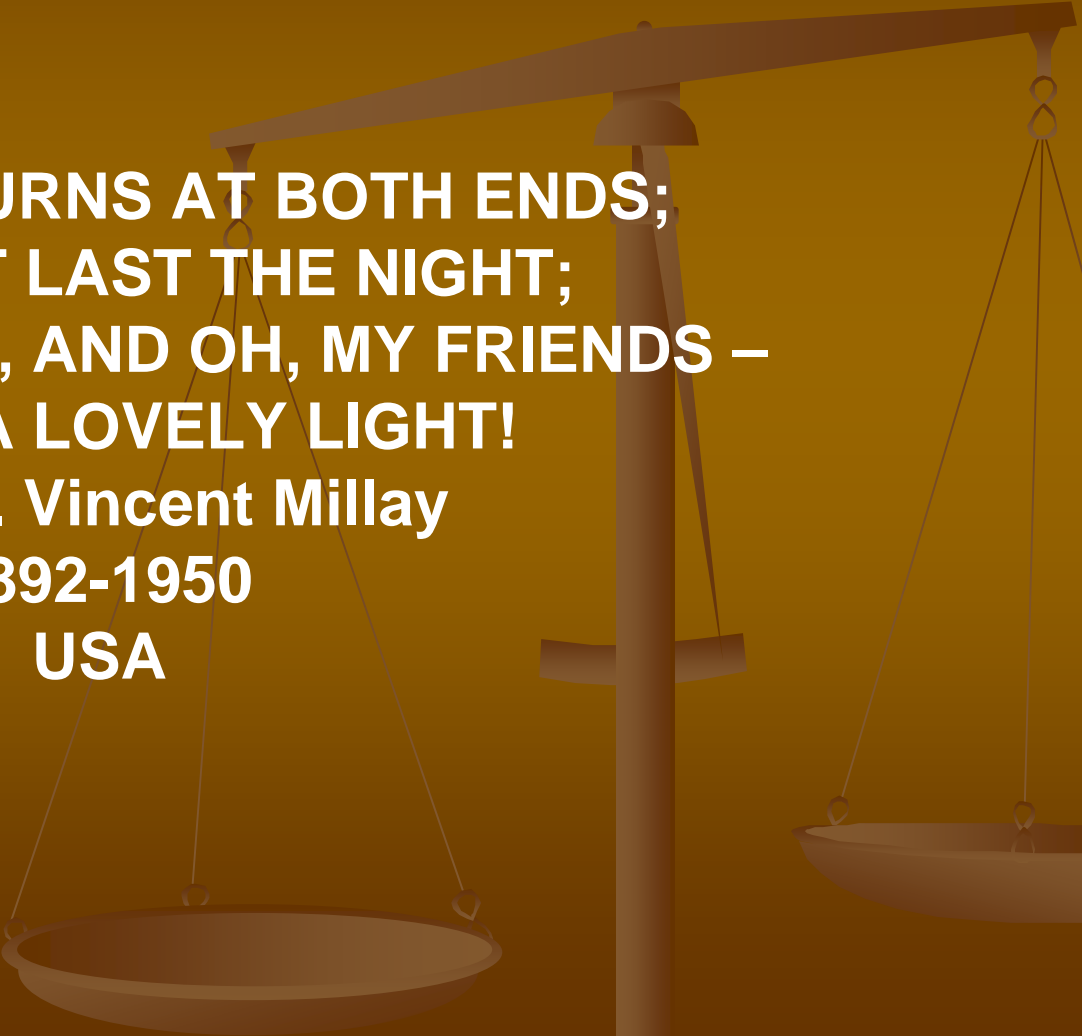


WELCOME TO
COPING BEFORE
BURNOUT:
A DISCUSSION
E. LINDA PENDAKIS
PSYCHOTHERAPIST





**MY CANDLE BURNS AT BOTH ENDS;
IT WILL NOT LAST THE NIGHT;
BUT AH, MY FOES, AND OH, MY FRIENDS –
IT GIVES A LOVELY LIGHT!**

Edna St. Vincent Millay

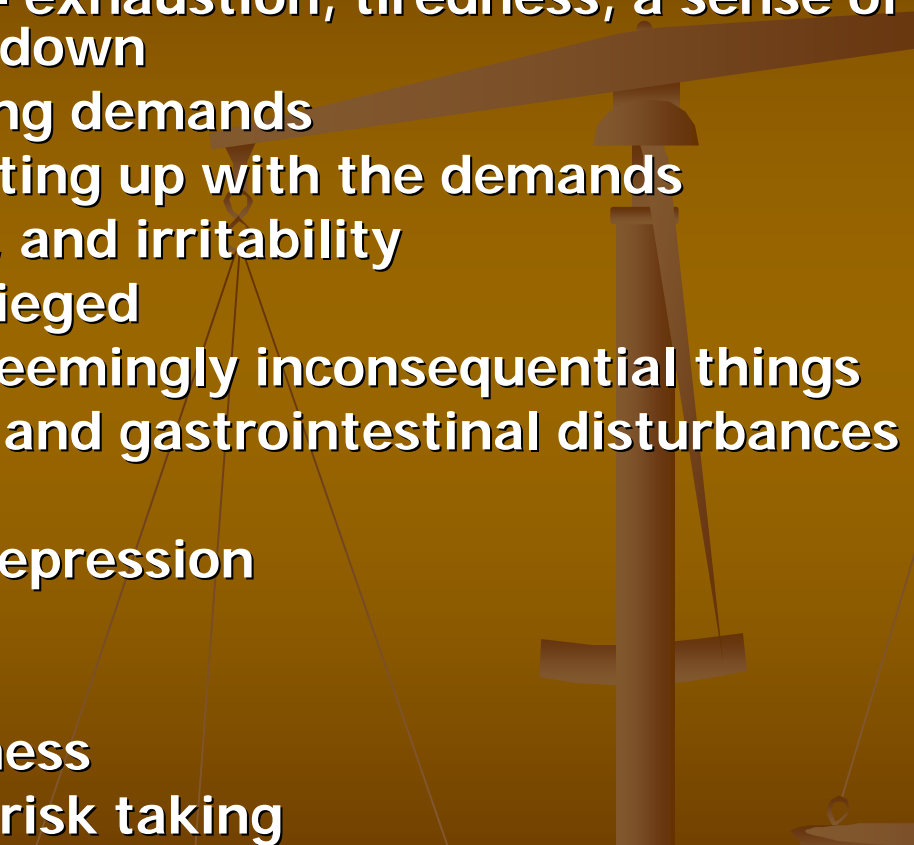
1892-1950

USA

WHAT IS BURNOUT?

- **BURNOUT IS A PSYCHOLOGICAL TERM FOR THE EXPERIENCE OF LONG-TERM EXHAUSTION AND DIMINISHED INTEREST (DEPERSONALIZATION OR CYNICISM), USUALLY IN THE CONTEXT OF WORK. IT IS ALSO USED AS AN ENGLISH SLANG TERM TO MEAN EXHAUSTION. BURNOUT IS OFTEN CONSTRUED AS THE RESULT OF A PERIOD OF EXPENDING TOO MUCH EFFORT AT WORK WHILE HAVING TOO LITTLE RECOVERY,...**
- **Wikipedia, the free encyclopedia**

13 SIGNS OF BURNOUT

- **CHRONIC FATIGUE** – exhaustion, tiredness, a sense of being physically run down
 - **Anger** at those making demands
 - **Self-criticism** for putting up with the demands
 - **Cynicism, negativity, and irritability**
 - **A sense of being besieged**
 - **Exploding easily** at seemingly inconsequential things
 - **Frequent headaches and gastrointestinal disturbances**
 - **Weight loss or gain**
 - **Sleeplessness and depression**
 - **Shortness of breath**
 - **Suspiciousness**
 - **Feelings of helplessness**
 - **Increased degree of risk taking**
- 

He/she who is secure in themselves, recognizes their professional capacity, has a FAIR sense of justice for themselves and others, and maintains a balanced sense of success or failure in life, IS NOT AFRAID TO SAY:

- I DON'T KNOW
- I HAVEN'T DONE THIS BEFORE
- WHAT SHOULD I DO?
- THIS IS A PROBLEM AREA FOR ME
- CAN YOU HELP ME?

BECAUSE... THEY KNOW THEY ARE ONLY RESPONSIBLE FOR WHAT THEY OFFER NOT FOR THE OUTCOME.