

## Burnout

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### **Burnout**

Burnout—a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress —is not simply a result of working long hours.

### **Burnout | Psychology Today**

By Mayo Clinic Staff Job burnout is a special type of work-related stress — a state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity. "Burnout" isn't a medical diagnosis. Some experts think that other conditions, such as depression, are behind burnout.

### **Job burnout: How to spot it and take action - Mayo Clinic**

Burnout definition is - the cessation of operation usually of a jet or rocket engine; also : the point at which burnout occurs. How to use burnout in a sentence.

### **Burnout | Definition of Burnout by Merriam-Webster**

Burnout was first seen largely in healthcare fields, where doctors and caregivers would burn out from overwork and stress. Today, it appears to be widespread. The shift to more service- and...

### **Burnout: Causes, Symptoms, Treatments - Healthline**

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, you begin to lose the interest and motivation that led you to take on a certain role in the first place.

### **Burnout Prevention and Treatment - HelpGuide.org**

Burnout is a kind of work-related stress characterized by three specific things. The first is a feeling that you're exhausted -- both emotionally and physically.

### **Signs You're Burned Out**

The term "burnout" is a relatively new term, first coined in 1974 by Herbert Freudenberger, in his book, *Burnout: The High Cost of High Achievement*. He originally defined burnout as, "the extinction of motivation or incentive, especially where one's devotion to a cause or relationship fails to produce the desired results."

### **How to Tell You Have Reached the Point of Burnout**

Burnout is not recognized as a distinct disorder in the current revision (dating from 2013) of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Its definitions for Adjustment Disorders, and Unspecified Trauma- and Stressor-Related Disorder in some cases reflect the condition.

### **Occupational burnout - Wikipedia**

Burnout is one of those road hazards in life that high-achievers really should keep a close eye out for, but sadly—often because of their "I can do everything" personalities—they rarely see it...

### **The Tell Tale Signs of Burnout ... Do You Have Them ...**

Left unchecked, burnout can wreak havoc on your health, happiness, relationships and job performance. In order to catch burnout and combat it early, it's important to know what to look out for. Dr....

### **10 Signs You're Burning Out -- And What To Do About It**

Burnout is a type of work-related stress. The World Health Organization (WHO) lists burnout as an 'occupational phenomenon' in its International Classification of Diseases (ICD). Though it is not considered a medical condition, WHO notes that it can influence your health, and cause you to reach out to health services.

### **What is burnout? Symptoms, causes, and how to recover ...**

BURNOUT starts with the young Ayoub's long-sighted look at a shop window. He is 13 years old and works as a shoe shopper, hoping to earn enough money to buy a bone prosthesis for his mother.

### **Burnout (2017) - IMDb**

emotional and physical exhaustion resulting from a combination of exposure to environmental and internal stressors and inadequate coping and adaptive skills. In addition to signs of exhaustion, the person with burnout exhibits an increasingly negative attitude toward his or her job, low self-esteem, and personal devaluation.

### **Burnout | definition of burnout by Medical dictionary**

Burnout is a state of mental and physical exhaustion that can zap the joy out of your career, friendships, and family interactions. Continual exposure to stressful situations, like caring for an...

### **How to Identify and Prevent Burnout - Healthline**

Burn-out an "occupational phenomenon": International Classification of Diseases 28 May 2019 - Burn-out is included in the 11th Revision of the International Classification of Diseases (ICD-11) as an occupational phenomenon. It is not classified as a medical condition.

### **WHO | Burn-out an "occupational phenomenon": International ...**

Burnout occurs when passionate, committed people become deeply disillusioned with a job or career from which they have previously derived much of their identity and meaning. It comes as the things that inspire passion and enthusiasm are stripped away, and tedious or unpleasant things crowd in. This tool can help you check yourself for burnout.

### **Burnout Self-Test - Stress Management from MindTools.com**

Burnout is a state of complete mental, physical and emotional exhaustion. You can read more about what stress does to the body here.

### **Burnout and chronic stress | Stress | ReachOut Australia**

In a burnout, the wheels of your car will spin at a high frequency, causing a large amount of smoke. The car will stay static until you pop the clutch, letting it spring into motion. Burnouts began in drag racing, where tires must be heated to obtain the optimum traction on the racing surface. Plus it just looks cool.

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