

Burnout: Do you need a break?

Burnout happens when ongoing stress leaves you exhausted—emotionally, physically, and
mentally. It can happen when you're trying to handle too many things like work, school,
parenting, caregiving, or other duties.

Do these sound familiar? Check off all that apply.

- ☐ Constant exhaustion, no matter how much you rest
- ☐ Struggling to focus, difficulty making decisions, or making more mistakes than usual
- ☐ Feeling irritable, anxious, or overwhelmed more often than not
- ☐ Frequent physical symptoms like headaches, digestive issues, or muscle tension
- ☐ Loss of motivation or dread about doing tasks that used to excite you
- ☐ Being overwhelmed to the point you feel like you might break down
- ☐ Neglecting your health by putting eating habits, hygiene, sleep, or movement on the back burner
- ☐ Avoiding friends, family, or things that usually bring you joy because you don't have energy
- ☐ Feeling detached or emotionally numb

If you checked off several of the signs above, you may be experiencing burnout.

Many of the signs of burnout are similar to signs of depression, but they aren't quite the same

If you are unsure whether what you are experiencing is burnout or depression, a free, private, anonymous mental health test can help. Visit www.essaymindset.com to learn more about burnout and how it differs from everyday stress and depression.