

6 Warning Signs of Employee Burnout

The World Health Organization (WHO) now considers burnout to be a syndrome. The WHO's decision to upgrade burnout to a syndrome and provide detailed symptoms communicates its serious stance on the dangers of burnout. Managers should be able to recognize the following six signs of burnout to help affected employees get the support they need.



Increased Absences

If an employee is experiencing burnout, they're more likely to take days off from work due to illness or inability to get out of bed.



Disengaged

A burned-out employee is more likely to become disengaged with their work, their co-workers and, sometimes, their life in general.



Exhaustion

Employees who are experiencing burnout will display emotional, mental, and physical signs of exhaustion, as well as an inability to focus.



Increased Mistakes

If an employee is experiencing burnout, the chances of them being involved in a workplace accident or making errors increases.



Withdrawal & Isolation

Burnout can lead employees to withdraw, causing even extroverts to become more introverted.



Higher Sensitivity

Employees experiencing burnout may find themselves more emotionally affected by situations that previously didn't impact them as much.

Source: ollisakersarney.com

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