



Possible burnout symptoms

The 4 spheres of human activity are self, family, work and community. All 4 should be balanced so that our input equals our output, and we can maintain a high level of functioning over a long period of time. When there's an imbalance, it may lead to burnout which can affect our body, thoughts, motivation and behaviour. Below are some of the symptoms of burnout you should look out for.

- Complete emotional and physical exhaustion
- Anxiety
- Sleep disturbance
- Concentration problems and being forgetful
- Hyperactive/impulsive
- Reduced social life and leisure activities
- Loss of motivation and enthusiasm
- Neglecting own health
- Negative view in general
- Difficulty making decisions