

The 5 Stages of Burnout at Work

STAGE 1: HONEYMOON

You are committed to your job. You are very productive and have high job satisfaction. You have a desire to prove yourself.

STAGE 2: ONSET OF STRESS

Your focus starts to wane. You may be less productive and experience headaches, low quality sleep, or a change in appetite.

STAGE 3: CHRONIC STRESS

Stress is ever-present. You may withdraw from social activities and feel irritable. You may use alcohol or drugs as a way to cope.

STAGE 4: BURNOUT

You're obsessed with your problems and may be convinced everyone is going down. You may struggle with pessimism and self-doubt.

STAGE 5: HABITUAL BURNOUT

You struggle with feelings of hopelessness and chronic sadness. You may have chronic physical and mental fatigue.