

# 5 Signs of Burnout





Stress is an epidemic in today's society. More and more people are looking to do more, faster, always and definitely right now. Rest is unusual and sickness is common.

What physical signs is YOUR body giving you to let you know that the busy pace you are currently running is no longer sustainable?

You may experience one, two, or all of the symptoms listed. The degrees may vary but you need to pay close attention to what your body is telling you. Read on below to discover if you are dangerously close to burnout.



## Chronic Sickness

If you constantly find yourself sick, not getting over sickness, chronic infections or viruses, that is a key indicator that your body is out of resources needed to keep you healthy. Rest is imperative and taking a look at what obligations you can let go is needed.



## Out-Of-Control Emotions

If you run the gamut of emotions or you experience feelings of irritability, depression, overwhelm or anxiety and you can't quite control them, that is your red flag that your body is under immense stress.



## Lack of Self-Care

You have a busy life and actually taking time to care for yourself seems selfish and indulgent. Skipping a shower, not spending time on hair and makeup, forgoing the workout and grabbing food on the go appears justified because you have so much to do. You need to take care of yourself in order to care for others. You can't pour from an empty cup.



## Neglecting Relationships

Do you have loved ones constantly trying to get your attention and you respond with "not now"? Or do you find yourself constantly giving excuses about why you can't participate in social events? Or maybe you feel like you let your loved ones down on a regular basis because work is the priority?

We are meant to connect with people and there needs to be a time in our life where we let go of distractions and give those relationships some love and nurturing. Doing so is rejuvenating and tells our favorite people that they are important.



## Tendencies of self-medication/self-comforting

This can take the form of endless scrolling through social media, watching hours and hours of T.V., over-eating, over-exercising. This becomes a problem when it becomes an avoidance tactic or it takes the place of sleep, self-care, or relationships. It's a common coping strategy when there is an excess of stress in your life.



These five symptoms are just an indication that burnout could be around the corner for you. Many other symptoms can present themselves. The severity can range and the onset can be quick. The good news is that with the right help and mindset, YOU can turn this around.

It's time to reclaim your life for the benefit of your health, relationships, and success in business. With a plan in place, a guide to lead the way, and the tenacity to move forward, you WILL beat burnout.