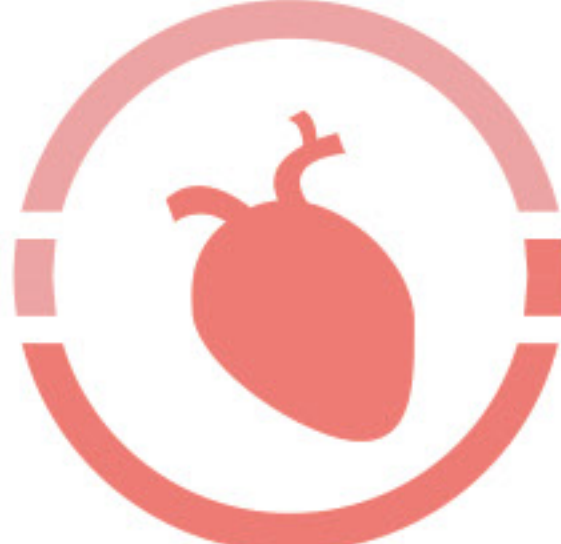


# BURNOUT CHECKLIST

## WARNING SIGNS

## BURNOUT

- 
- RACING THOUGHTS
  - RUMINATING ABOUT WORRIES
  - DIFFICULTY CONCENTRATING
  - FEELING LIGHT HEADED
  - IRRITABLE
  - IMPATIENT
  - TEARFUL
  - HEADACHES

- 
- FEELING EXHAUSTED
  - INABILITY TO MAKE DECISIONS
  - NOT WANTING TO SOCIALISE
  - AFRAID TO LEAVE THE HOUSE
  - NEGATIVE FEELINGS OR LACK OF FEELINGS

- 
- INCREASED HEARTRATE
  - CHEST PAINS
  - AVOIDING SITUATIONS/PEOPLE
  - QUICK TO ANGER
  - ANXIOUS
  - DRINKING MORE ALCOHOL THAN USUAL

- 
- LOSS OF APPETITE
  - LOSS OF INTEREST IN SEX
  - LOSS OF INTEREST IN APPEARANCE
  - APATHY TOWARDS THINGS YOU USUALLY ENJOY