AVOID THE RED ZONE
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IN THE RED

Do you feel you're running on empty, pushing yourself into the red zone? Have you stopped being a "cheerful giver" of your time and energies? Do you find you no longer care about the things you care about? Life doesn't have to be that way.

Burnout is a syndrome of reduced sense of personal accomplishment, emotional exhaustion, and depersonalization. It is found in people who work with people. Take a look at these three symptoms of burnout, then take one of the inventories offered below.

REDUCED SENSE OF PERSONAL ACCOMPLISHMENT

You have a gnawing sense of inadequacy. You are more angry and frustrated at work. Your job may not have changed, but you feel like you are no longer able to produce the same output. You are unable to hear or accept positive comments and expressions of gratitude from others.

You may not recognize the cumulative effects of stress. Instead you begin to believe that you are the problem and paste the label of "Failure" on your forehead. You may even feel like an imposter in your position, and that at any moment someone will "blow the whistle" on you and expose you as a fraud.

EMOTIONAL EXHAUSTION

You are exhausted most of the time and resting doesn't seem to help much. You feel depleted and empty; you've "gone to the well" one too many times and now there is nothing left to give. You may begin to categorize people and deal with them strictly "by the book" because it requires less energy.

You develop an "armor" of detachment to avoid all people, including those who want to help. You dread going to work or answering your phone or the next person at your door because it is more and more difficult to deal with people and their problems. You just don't care anymore and realizing this can be very traumatic.

DEPERSONALIZATION

You have become cynical and avoid the very people you once cared about. You are more insensitive, treating people more as objects. You prefer to work with inanimate objects rather than people.

You may even move from this detachment from people to actively disliking them. You blame others as the source of your discomfort, viewing them as the "demanding enemy." This social avoidance and loss of empathy toward others can lead to overwhelming feelings of guilt.

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