STRESS



BURNOUT

Temporary, situational

DURATION

Chronic, persistent state

Hyperactive, high adrenaline

ENERGY

Complete energy depletion

Urgent, anxious

EMOTIONS

MOTIVATION

RECOVERY

Empty, detached, numb

Overengaged, frantic

Disengaged, given up

Requires long-term

intervention

Quick with rest/breaks

Heightened alertness

PHYSICAL IMPACT

Chronic exhaustion

Racing thoughts

MENTAL STATE

Mental fog, inability to focus

Urgency to prove oneself

Cynicism and detachment

Can still function

PRODUCTIVITY

WORK ATTITUDE

Significant decline in performance

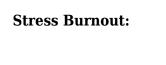
Need for support

SOCIAL IMPACT

Withdrawal and isolation

Stress Burnout

Susan Ayers, Andrew Baum, Chris McManus, Stanton Newman, Kenneth Wallston, John Weinman, Robert West



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