













# What's the difference between Stress & Burnout?



| Stress   | Burnout   |
|--|---|
| <br>Over-reactive + irritable         | <br>Disengaged + numb                                |
| <br>Worried + anxious                 | <br>Apathetic + cynical                              |
| <br>Frantically trying to fix things  | <br>Discouraged + unmotivated                         |
| <br>Edgy, amped up, wired + tired    | <br>Physically + mentally exhausted                 |
| <br>Mind racing                     | <br>Brain fog, reduced cognitive function          |
| <br>Insomnia or waking up too early | <br>Excessive sleep, but not refreshed upon waking |



# Stress Without Distress Rx For Burnout

**Jianjun Gao**



## **Stress Without Distress Rx For Burnout:**

## Decoding **Stress Without Distress Rx For Burnout**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Stress Without Distress Rx For Burnout**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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