

Resource #1: Recognizing Stress and Burnout Symptoms

It is critical to recognize factors that contribute to stress, because if left unaddressed they can quickly lead toward severe outcomes both for the person experiencing it and for those around them who will feel the impact. Often, those who are feeling stress, neglect to implement the changes that are necessary in combating the stress, because it creates more stress to have to think about. It is unfortunate however, because factors that lead to stress and remain unaddressed or without healthy coping strategies, can often lead a person into a state of burnout as result of pushing through.

Stress contributes to poor physical and mental health and when strategies are not implemented to cope with the stress or reduce it, lead to an overwhelmed and exhaustive state where a person has no more to give from a physical, emotional, mental and spiritual capacity, which is called burnout. Burnout is caused by excessive and prolonged stress which is left unaddressed and unsupported. Burnout can lead to debilitating physical health and mental health challenges if left untreated.

Recognizing the symptoms of stress is important as early intervention and changes can lead away from the path of burnout and future critical challenges; and instead, lead toward a healthier and more productive life with balance and wellness.

Recognizing Symptoms of Stress	Recognizing Symptoms of Burnout
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