Quick Checklist of Early Signs of Burnout

Physical Signs

- Persistent exhaustion, even after rest.
- Frequent headaches or gut issues.
- Increased susceptibility to illness.

Emotional Signs

- Feeling overwhelmed, detached, or isolated.
- Persistent irritability or mood swings.
- Difficulty managing emotional reactions (e.g., crying easily).

Cognitive /Executive Function Signs

- Forgetting routine tasks or losing track of time.
- Struggling to plan, organize, or follow through on simple tasks.
- Difficulty concentrating or making decisions.

Behavioral Signs

- Avoidance of responsibilities or withdrawal from social connections.
- Neglecting personal hygiene or basic self-care.
- Hyperfixation or procrastination on non-essential tasks.

Sensory Signs

- Heightened sensitivity to light, sound, or touch.
- Feeling overstimulated in environments that were previously manageable.