

Number one, you're anxious about your work.

Do you feel like stress is preventing you from doing well at work? Feeling anxious before a big test or a major presentation is normal, but if you feel the pervasive sense of anxiety daily, a constant sense of dread can manifest in more serious ways and lead you towards burning out more quickly. Anxiety can exhibit symptoms like chest tightness, nausea or even meltdowns compromising your ability to function at work. If you feel that your anxiety persists long after work hours, it may be time to re-evaluate how you feel about your job and find things that you can control to provide a sense of stability.

Number two, you're experiencing insomnia.

What thoughts fill your head as you fall asleep? Is it with excitement or dread? Just like a wild animal can't sleep when predators are around, you may find it hard to sleep when you dread what's coming the following morning. According to a BMJ open study conducted by Arnaud Metlaine and a team of French psychologists, insomnia has a very strong association with burnout. This could be one reason why people who feel burnt out can seem tired and weary. Aerobic exercise can help improve these sleeping habits and help you clock more quality hours of sleep.

Number three, your performance is dipping.

Do you feel like you're not keeping up with your tasks at work? Burnout can be noticeable based on how well you do your work. Has there been a considerable decrease in the quality of your work? If you feel like it's harder to concentrate on your tasks or you're starting to lack creativity, you might be experiencing chronic burnout. You can combat this by going for a walk in nature or spending more time to yourself by time-blocking tasks. Alternatively, switching your job or position might be worth considering as well.

Number four, you feel drained around people.

Does being around coworkers or groups irritate you? When work is the only thing in your mind you can start drifting away from your friends and family. You may start to engage in more conflict at home, irritated at your loved ones because they're making it hard for you to concentrate on work. You may also be on the verge of breaking down more often especially if your work environment requires you to be your best every day. This can make you feel more isolated. To combat this, you should find time to connect with your peers and try to spark connections with them again.

Number five, you feel physically ill.

Do you feel like you're starting to develop health problems? Burnout doesn't just limit itself to mental distress. It also manifests in your body physically. According to a study by Tarani Chandola, people who are experiencing burnout run the risk of developing common ailments including diabetes, stroke and heart disease. People who are on the verge of burning out also have a higher risk of substance abuse which in itself increases the risk of various health issues.

Number six, you don't have time for yourself.

Are you constantly bombarded with a never-ending stream of tasks? Working for longer hours every week can take a toll on your physical and mental health. Even if you feel like you have all the energy in the world at the start, the work can slowly engulf you and weigh you down. You can prevent crashing and burning by taking a breather and spending some time zoning out from work. Going to a park, playing with your pets or calling your friends in your downtime can be a refreshing, pick me up break from work.

And number seven, you feel a pervasive sense of unhappiness.

Are you happy with your work? No matter how much you've been praised by your managers and coworkers, if you feel burnt out, the words will feel hollow and meaningless. Burning out can lead to severe exhaustion and depression which can also affect your life outside of work.

Thankfully, it's reversible. By changing your environment, you can unplug and cultivate a better work-life balance with the things you're passionate about.

Can you relate to any of the signs above?
Are you feeling burnt out?