

6 Signs of Employee Burnout



Employee burnout is finally being recognized as something more than just being exhausted. The World Health Organization has upgraded employee burnout to a syndrome, calling it an “occupational phenomenon” resulting “from chronic workplace stress that has not been successfully managed.”

Since burnout is the result of prolonged and chronic workplace stress, it is important for employers to recognize the signs and take preventative measures.

1. Disengagement

A burned-out employee is more likely to become disengaged with their work, their co-workers, and sometimes, their life in general.



2. Increased Absences

If an employee is experiencing burnout, they’re more likely to take days off from work due to illness or inability to get out of bed to get to work.



3. Exhaustion

Employees who are experiencing burnout will display emotional, mental, and physical signs of exhaustion, as well as the inability to focus. They may have a constant state of fatigue, feeling drained when they wake up in the morning, and having sleep issues at night.



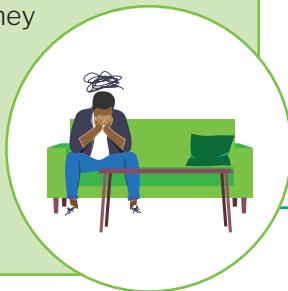
4. Increased Mistakes or Accidents

If an employee is experiencing burnout, the chances of them being involved in a workplace accident or making errors will increase.



5. Higher Sensitivity

Employees experiencing burnout are likely to be more sensitive and emotional about things they weren’t before.



6. Withdrawal and Isolation

Burnout can cause employees to withdraw from work and peers. For example, an extroverted employee that’s experiencing burnout may become increasingly introverted.

