

Know the Signs of Burnout

If you manage a team, you might have noticed productivity or engagement starting to dip. The pressure to perform is high, which can lead to workers feeling exhausted and detached. Get familiar with the signs of burnout so you can check in on your team (and yourself) to determine what kind of support may be helpful.



Exhaustion and fatigue

Emotionally, mentally, or physically tired

Looks like

- feeling overwhelmed
- difficulty remembering tasks or processes
- distance from family, friends, and peers



Detachment or cynicism

Uninterested in tasks that used to feel meaningful

Looks like

- constant negative commentary
- disengagement from work activities
- newfound strong dislike of your job



Feeling useless

Belief that you don't make a difference

Looks like

- loss of purpose or motivation
- undermined confidence
- dreading the start of a new day

If you see something, do something.

Building a workforce that embraces and uplifts the needs of employees takes time, care, and intention, but it is possible—and it starts with you. If you or a colleague is displaying several of these symptoms, it may be burnout and shouldn't be ignored.

Access support

Lyra Health 24/7 Care Line: 1-877-505-7147

