SYNONYMS
low battery
overloaded
chill out
ANTONYMS
full battery
boredom
CAUSES
high work load
too many diff tasks
no end in sight
boss / coworkers
EFFECTS
impatient
forgetting things
tired
unmotivated
crankey
irritated
racing heart
difficulty thinking
trouble sleeping
PREVENTION
yoga / meditate
relax with colleagues
chcolate
get out of town
therapist / psychologist
quit
take breaks / vacation

Discussion / Brainstorm

- Is burnout different than stress?
- How does one know they are burnt out?
- Are there different types of burn out?
- Are certain countries / cultures / industries / genders / communication styles / etc. more prone to burnout than others?
- What is a ‘build-up’ problem?