Supervisor’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

Supervisee’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**BURNOUT SIGNS & SYMPTOMS**

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| In each section below, list the signs, and symptoms that you associated with being stressed and/or burned out at work… |
| Physical signs/symptoms (e.g., tired, overeating, drinking alcohol, not enjoying leisure activities, etc.): |
| Emotional signs/symptoms (e.g., lashing out at others, increased frustration, etc.): |
| Social signs/symptoms (e.g., isolating, arguing with others, not wanting to go out, etc.) |
| Spiritual signs/symptoms (e.g., feeling disconnected, hopeless, etc.) |
| Occupational (e.g., hate coming to work, not feeling focused or productive at work, etc.) |

**BURNOUT SOLUTIONS**

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| In each section below, look at the signs and symptoms you listed, and develop 2 -3 solutions for preventing or intervening with them.  |
| Physical Solutions: |
| Emotional Solutions: |
| Social Solutions: |
| Spiritual Solutions: |
| Occupational Solutions: |