

# HOW TO SPOT BURNOUT

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Individuals display burnout in a variety of ways. Factors such as cognitive impairment, exhaustion, empathy loss, social withdrawal, and comprised work performance are some indicators that someone may be experiencing burnout. See below for helpful information on spotting burnout.

- Job burnout: How to spot it and take action  
<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642> [mayoclinic.org]
- What is Burnout?  
<https://health.clevelandclinic.org/signs-of-burnout> [health.clevelandclinic.org]
- Burnout  
<https://mentalhealth-uk.org/burnout/> [mentalhealth-uk.org]
- Forbes: Burden of Command: How Leaders Identify and Reduce Burnout in Themselves and Their Teams  
<https://hbr.org/2020/09/preventing-burnout-is-about-empathetic-leadership>
- PH Wins 2021: Rising Stress and Burnout in Public Health, de Beaumont  
<https://debeaumont.org/phwins/2021-findings/stress-and-burnout/>
- Public Health Laboratory Professional Burnout and Effect on Safety  
[https://www.cdc.gov/safelabs/resources-tools/Public Health Laboratory Professional Burnout Effect Safety-Transcript Audio Slides.html](https://www.cdc.gov/safelabs/resources-tools/Public%20Health%20Laboratory%20Professional%20Burnout%20Effect%20Safety-Transcript%20Audio%20Slides.html)
- Beyond Burnout: How to Spot It, Stop It and Stamp It Out. By Suzi McAlpine  
<https://suzimcalpine.com/beyond-burnout/> [protect2.fireeye.com]