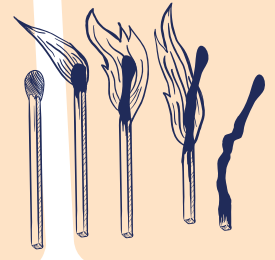


Spot the signs of burnout



A mentally healthy workplace is essential for everyone.

Burnout doesn't happen overnight; it's gradual and can take hold before you're aware of it.

Recognising the signs in yourself and others is key to fostering a healthier, more resilient workplace where mental wellbeing is a priority.

Burnout symptoms can be physical, emotional, and behavioural. Our acronym will help identify the signs.

If you or a colleague experience or are at risk of burnout, contact your manager or HR for support. Symptoms may relate to other health conditions – so consult a healthcare professional.

Ignoring burnout can lead to chronic issues, so it's important to seek help and restore work-life balance.

B **Becoming isolated**
Appearing withdrawn or detached

U **Unexplained exhaustion**
Persistent fatigue with no known cause

R **Reduced performance**
Unable to meet demands

N **Neglecting self-care**
Ignoring own health and wellbeing

O **Overwhelmed**
Feel overloaded and unable to cope

U **Uninterested**
Feel defeated, cynical or persistent negative thoughts

T **Tension and stress**
Felt both physically and emotionally



Visit Mental Health UK's website
for more info or scan the QR
[mentalhealth-uk.org/burnout](https://www.mentalhealth-uk.org/burnout)

