

Section - 3

Ques 2

Ans - 2

Burnout is a state emotional, physical and mental exhaustion caused by excessive and prolonged stress.

It occurs when you feel overwhelmed, emotionally drained and unable to meet constant demands.

* What are 5 stages of Burnout?

* Honey moon phase when we undertake a new task we often start by experiencing high job satisfaction, commitment, energy and creativity.

* Onset of stress

* Chronic stress

* Burnout

* Habitual Burnout.

* What are the 3 components of Burnout?

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Defining Burnout: - Burnout is a psychological syndrome emerging as a prolonged response to chronic interpersonal stressors on the job.

Who classifies Burnout?

Who classifies Burnout as an occupational phenomenon the World Health Organization announced in 1980 that it is now recognized.

Burnout Syndrome is an occupational phenomenon.

* What can burnout lead to

Burnout is a state of emotional, physical and mental exhaustion.

What is professional burnout?

Job Burnout :- How to spot it and take action. Job Burnout is a specific type of work related stress.