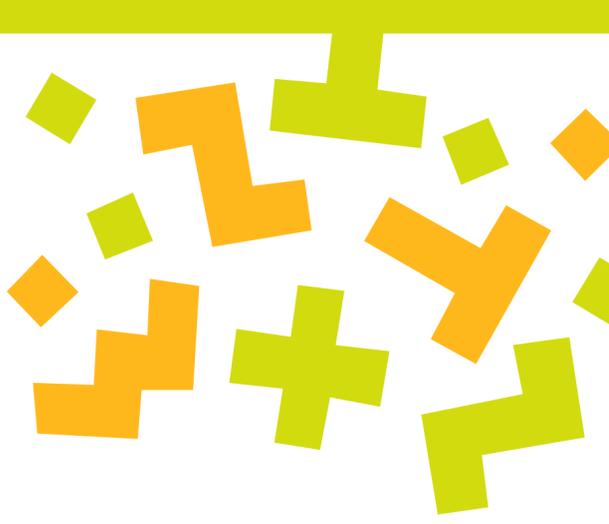


Psychology alarm signals: avoiding burnout

Unpacking the common stress triggers and the main causes of burnout among psychologists. View now.

What is burnout?

Burnout is a state of physical, emotional and mental exhaustion caused by excessive strain, stress and overactivity. Generally, burnout occurs when one feels overwhelmed and possesses emotional blockers that make it challenging to meet daily demands.



Common causes of burnout in mental health professionals...



A feeling of a lack of control over outcomes



Demanding day-to-day expectations



Working in a high-pressure environment

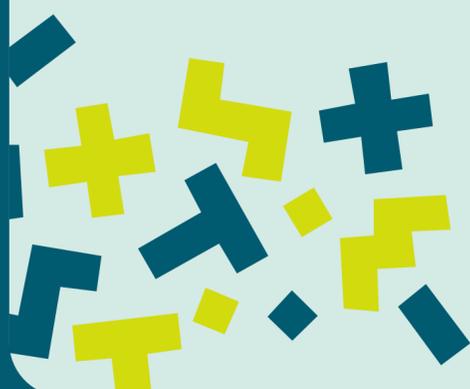


A high client/patient load



Pressure to perform at a high level everyday

What are some of the common burnout manifestations?



- ✓ Emotional exhaustion, fatigue or overload
- ✓ Depersonalisation of patients and their circumstances
- ✓ Detachment, or dehumanisation, toward clients
- ✓ Constant worry
- ✓ An increase in distractions
- ✓ Helplessness and a wider sense of ineffectiveness in treatment of clients
- ✓ Compassion fatigue

How can psychologists (and mental health professionals alike) combat burnout?



Look inward

Work on yourself, and this includes therapy for you. Do more of the things that you enjoy, and take time for exercise, proper sleep, and mindfulness. Everyone needs restoration time – even psychologists.



Get involved in professional associations

As a member of a community, you will meet like-minded professionals who may be experiencing (or have experienced) the same challenges you're facing. There's a lot of value in being an active member of a professional association.



Be consistent with seeking peer support

Seek consultation from colleagues, experts, and other mental health professionals. Advice from your peers is invaluable and can help you enhance the way you approach addressing (and avoiding) feeling burned out.

Sources: [Therapists' Burnout: Facts, Causes and Prevention](#), [CE CORNER: Are you burned out?](#), [Burnout Prevention and Treatment](#), [4 Unexpected Causes of Burnout](#)