

Experts Advise on How to Tell if You're Burned Out

VOCABULARY WORDS

1. burnout /bəˈnaʊt/ ruin one's health or become completely exhausted through overwork.
Example: Employees should know how to destress to avoid burnout.
2. self-esteem /ˈself əˈstiːm/ confidence in one's own worth or abilities; self-respect.
Example: The company is planning to conduct assertiveness training for those employees with low self-esteem.
3. phenomenon /fəˈnäməˌnän, fəˈnäməˌnən/ a fact or situation that is observed to exist or happen, especially one whose cause or explanation is in question.
Example: In the early 1990s, British doctors began to notice a strange phenomenon.
4. chronic /ˈkränik/ (of an illness) persisting for a long time or constantly recurring.
Example: The patient has been diagnosed with chronic bronchitis.
5. vicious /ˈviʃHəs/ deliberately cruel or violent
Example: Depressed teens may also turn to drugs or alcohol as a form of self-medication, creating a vicious cycle.



Are you **burned out**? If these three symptoms apply to you -- a total lack of energy, a decline in your sense of belonging and a decreasing **self-esteem** -- you could be a victim of burnout, experts say.

"You notice things like being more irritable, more destructive, less motivated, less hopeful," said Amy Arnsten, a professor of neuroscience at Yale School of Medicine who studies the neural mechanisms of burnout.

Understanding how your brain reacts to burnout can be helpful, as it shows people many of their reactions are part of a "natural **phenomenon**," Arnsten said.

"I am not a bad person -- this is just how the brain changes with **chronic** stress. It's doing it to try to protect me, even though in this situation, it's making it worse," she said. "Having that kind of insight and perspective can break the **vicious** cycle where you're blaming yourself for not being better." (CNN)

DISCUSSION

1. What makes you stressed?
2. What do you do to avoid stress?
3. What do you think is the most stressful job? Why?
4. What would you advise people to avoid being burned out?
5. What can companies do to prevent their employees from being burned out?