



Presented by BU Happiness College

The Warning Signs of Burnout

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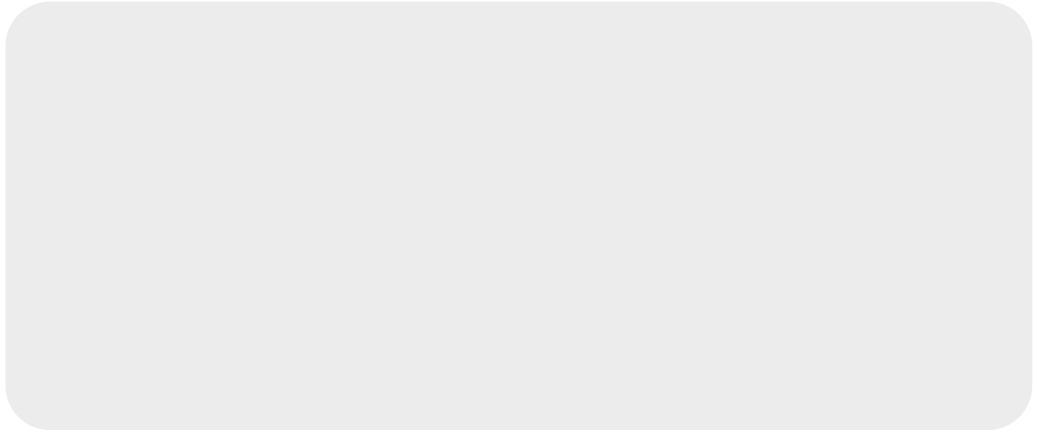
"Burnout is nature's way of telling you,
you've been going through the motions.
Your soul has departed."

- **Sam Keen**

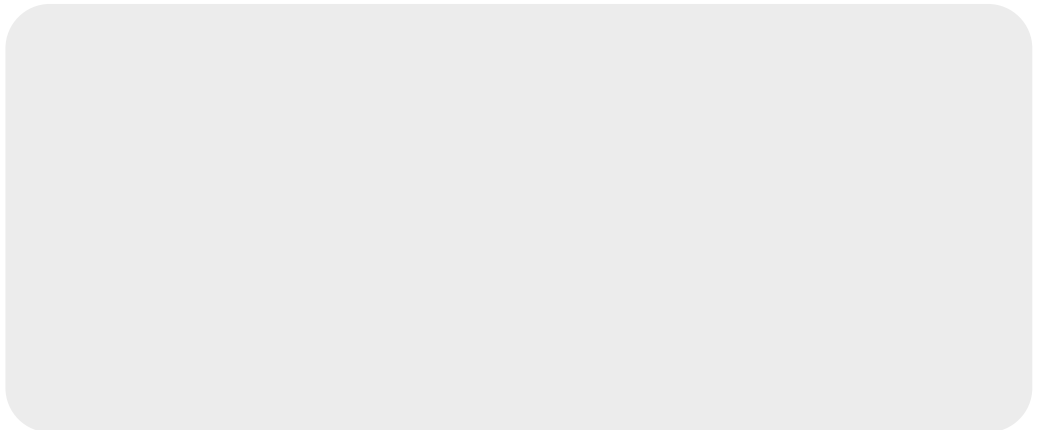
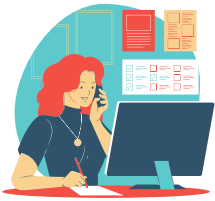


The 12 Stages of Burnout (stages 1-3)

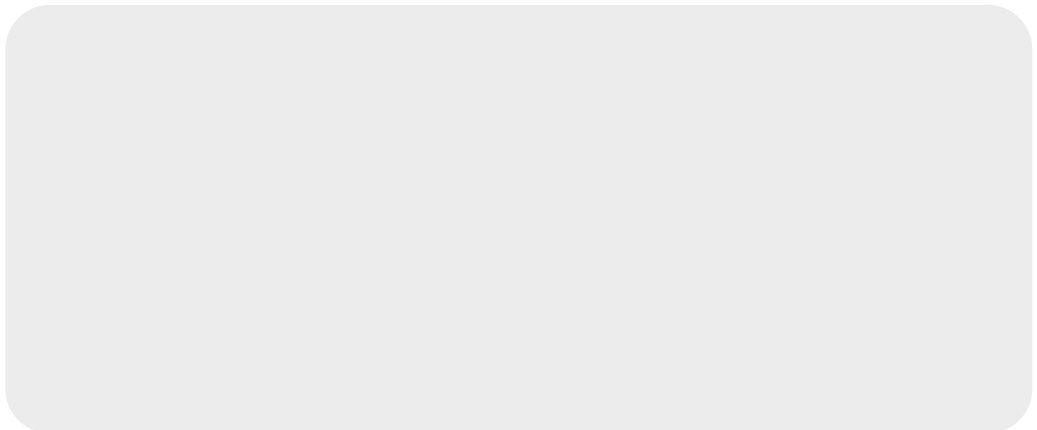
Stage 1: The Compulsion to Prove Oneself



Stage 2: Working Harder



Stage 3: Neglecting Needs





Addressing Early Stage Burnout

My Recovery Strategies:



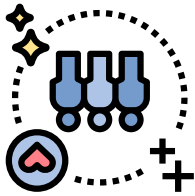
The 12 Stages of Burnout (stages 4-6)

Stage 4: Displacement of Conflicts



Empty rounded rectangular box for notes related to Stage 4.

Stage 5: Revision of Values



Empty rounded rectangular box for notes related to Stage 5.

Stage 6: Denial of Emerging Problems



Empty rounded rectangular box for notes related to Stage 6.



Addressing Mid Stage Burnout

My Recovery Strategies:



The 12 Stages of Burnout (stages 7-9)

Stage 7: Withdrawal



A large, empty, light gray rounded rectangular box for notes related to Stage 7: Withdrawal.

Stage 8: Behaviour Changes



A large, empty, light gray rounded rectangular box for notes related to Stage 8: Behaviour Changes.

Stage 9: Depersonalisation



A large, empty, light gray rounded rectangular box for notes related to Stage 9: Depersonalisation.



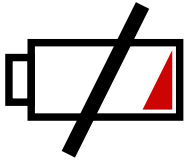
Addressing Late Stage Burnout

My Recovery Strategies:



The 12 Stages of Burnout (stages 10-12)

Stage 10: Inner Emptiness



A large, light gray rounded rectangular box for notes related to Stage 10.

Stage 11: Depression



A large, light gray rounded rectangular box for notes related to Stage 11.

Stage 12: Burnout Syndrome



A large, light gray rounded rectangular box for notes related to Stage 12.



Addressing Final Stage Burnout

My Recovery Strategies:

A photograph of a person with dark hair, wearing a dark shirt, sitting and writing in a spiral notebook with a pen. The background is softly blurred, showing what appears to be a window with light coming through. The text 'Key Takeaways' is overlaid in white on the top left of the image.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...