

# BURNOUT



## WHAT IS IT AND HOW DOES IT APPLY TO ME?

This document is to give a snapshot of moral injury and how it applies to us in the workplace and our everyday lives.

## WHAT IT IS IT?

Burnout happens when an individual reaches a state of complete mental, physical, and emotional exhaustion as a result of chronic workplace stress that hasn't and/or can't be successfully managed. When burnout occurs individuals often find it difficult to participate in activities that they once found meaningful and enjoyable. Many suffering from burnout no longer care about things that were once important to them in addition they will often feel an increasing sense of hopelessness.

## HOW DOES IT APPLY TO ME?

Burnout is typically attributed to being overworked and stressed out at as a part of our jobs. As educational professionals, we are constantly asked to wear so many hats like parent, counselor, teacher, friend, support person all while also making sure we create lesson plans and complete all of our necessary paperwork. As a result, we get overburdened, overwhelmed, and overworked as it becomes past our capacity to cope with all of these numerous demands. Burnout is important to understand so that if this is a struggle for education professionals we can get them help. We accomplish this by supporting daily self care and instituting workplace supports.

## REFERENCES

[World Health Organization](#)

[Burnout](#)

[Darling Downs Health](#)