WORKSHEET 97 · FOR THE PSYCHOLOGIST

My signs of exhaustion

Recognising the three dimensions of burnout

AIM

Help the person recognise the signs of the three dimensions of burnout (exhaustion, distance or cynicism towards work, a sense of inefficacy) and track how they change.

WHO IT IS FOR

Persistent work-related tiredness, loss of meaning, irritability, feeling of not coping.

DURATION

15 min in session; weekly follow-up

HOW TO RUN IT

1. Present the three dimensions and their possible signs (physical, emotional, behavioural).
2. Ask them to rate each dimension from 0 to 10 and note concrete examples.
3. Look for personal warning signs (sleep, irritability, repeated illnesses, substance use).
4. Track the ratings every week and refer to the doctor if needed (sick leave, check-up).

POINTS TO WATCH

> The WHO describes burnout as an occupational phenomenon, not a mental illness; even so, it can go with depression or anxiety, which need assessing. A medical check-up is often needed.

REFERENCES

Maslach, C. & Leiter, M. P. (2016). Understanding the burnout experience: Recent research and its implications for psychiatry. World Psychiatry, 15(2), 103-111.

World Health Organization (2019). Burn-out an « occupational phenomenon »: International Classification of Diseases (ICD-11). WHO.

PSYCHOLOGIST'S NOTES

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WORKSHEET 97 · WORKSHEET TO HAND OUT

My signs of exhaustion

Burnout isn't just tiredness. It affects three areas: exhaustion, a distancing (or cynicism) towards work and the feeling of not being effective. Spotting them early helps you act before you sink.

1. Exhaustion: do I feel empty, even after resting?
2. Distance: am I becoming cynical, detached, irritable about work or with people?
3. Inefficacy: do I feel I can't keep up any more, that I'm no good?
4. My other signs (sleep, health, substance use, mood).

Week	Exhaustion /10	Distance /10	Inefficacy /10	My signs

Which sign warns me first that I am wearing myself out?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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