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Blaming others for your mistakes.

You're thinking of quitting work, or changing roles.

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- **Burnout**

  This is generally used when you're unhappy with your job/path. This can happen if  you aren't doing what your passionate about, so you find no meaning in continuing. You never really "connect" with your workload and, therefore, your performance suffers due to cynicism and exhaustion.

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- Feeling unappreciated with lack of recognition.

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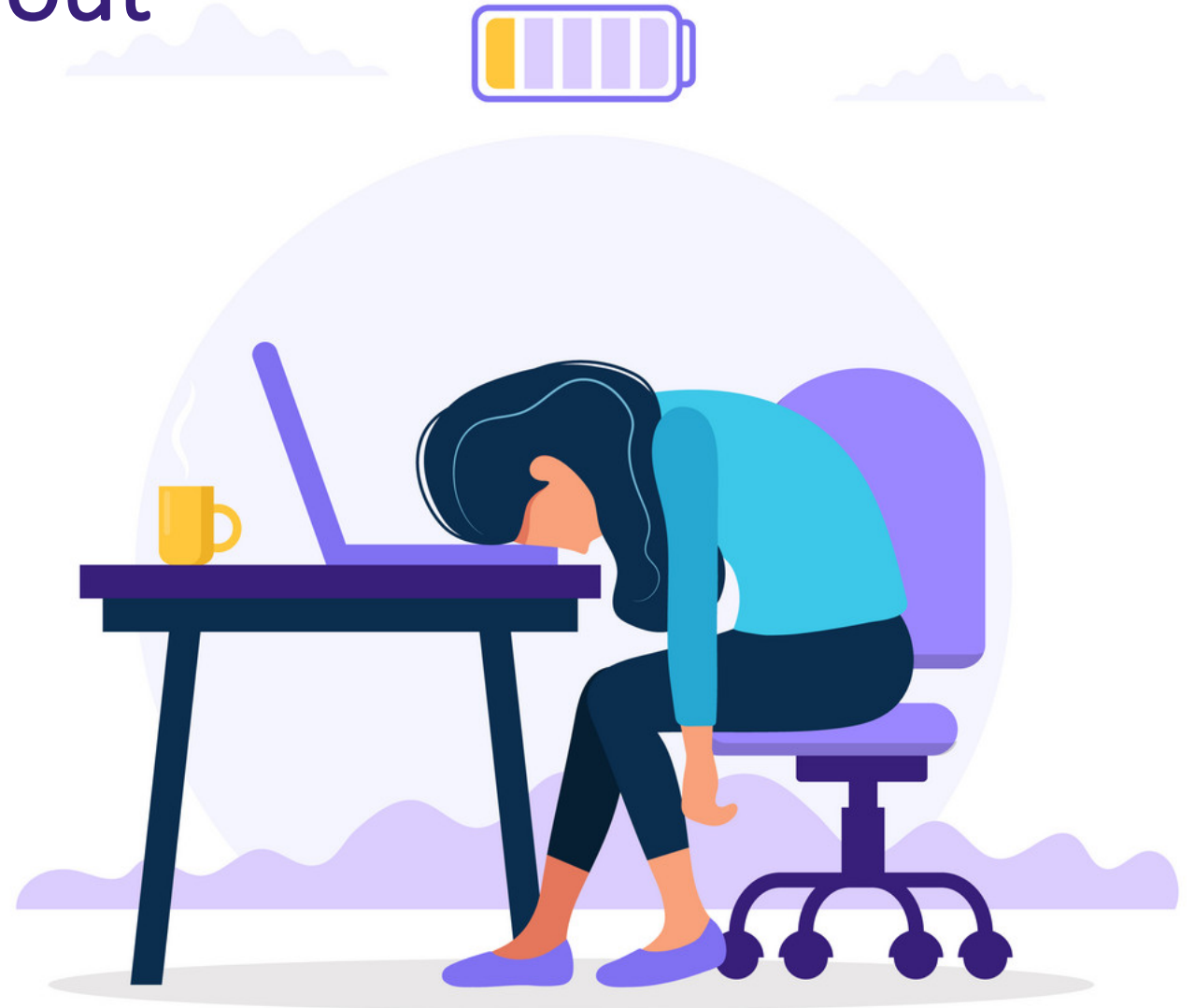
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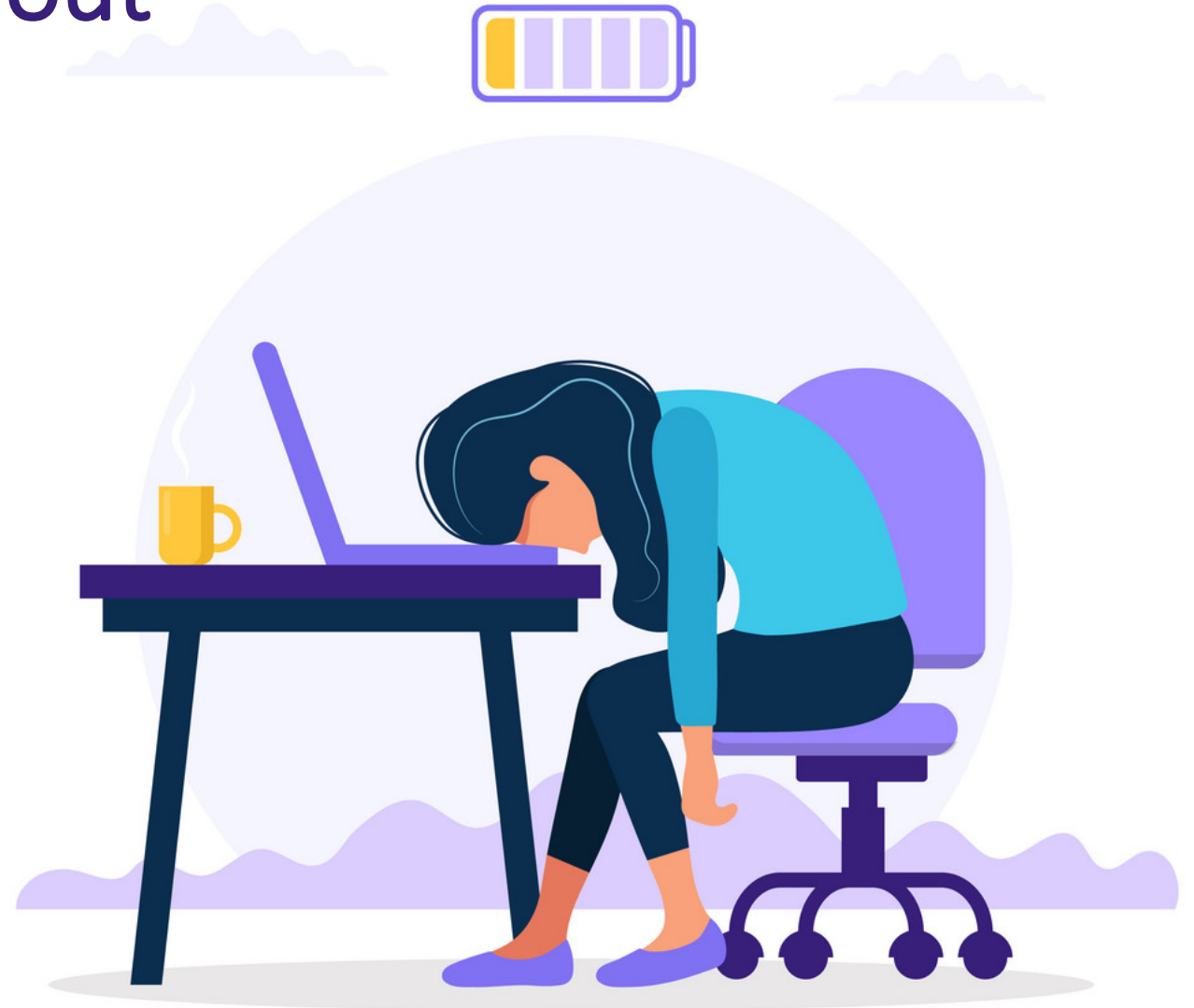
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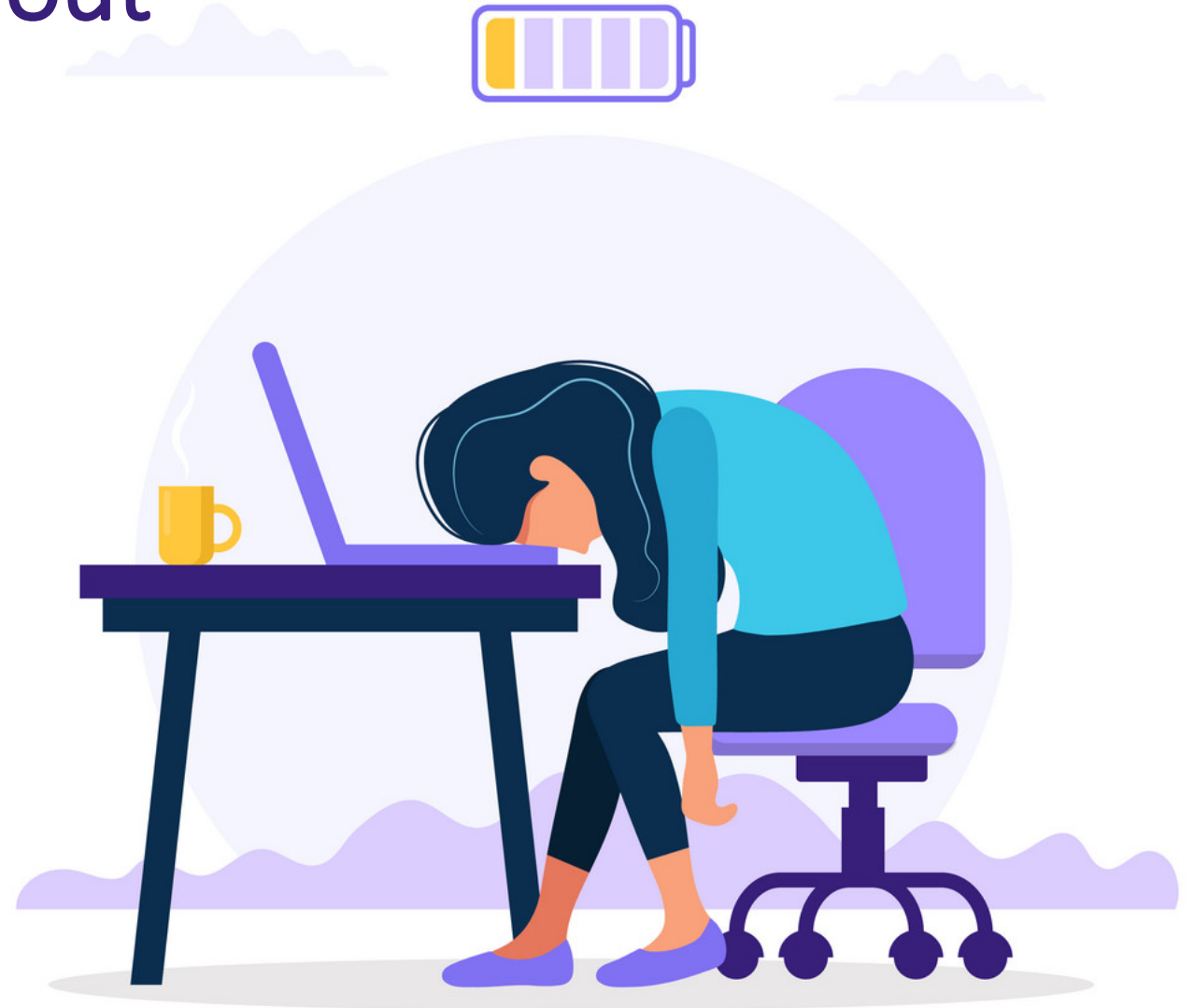
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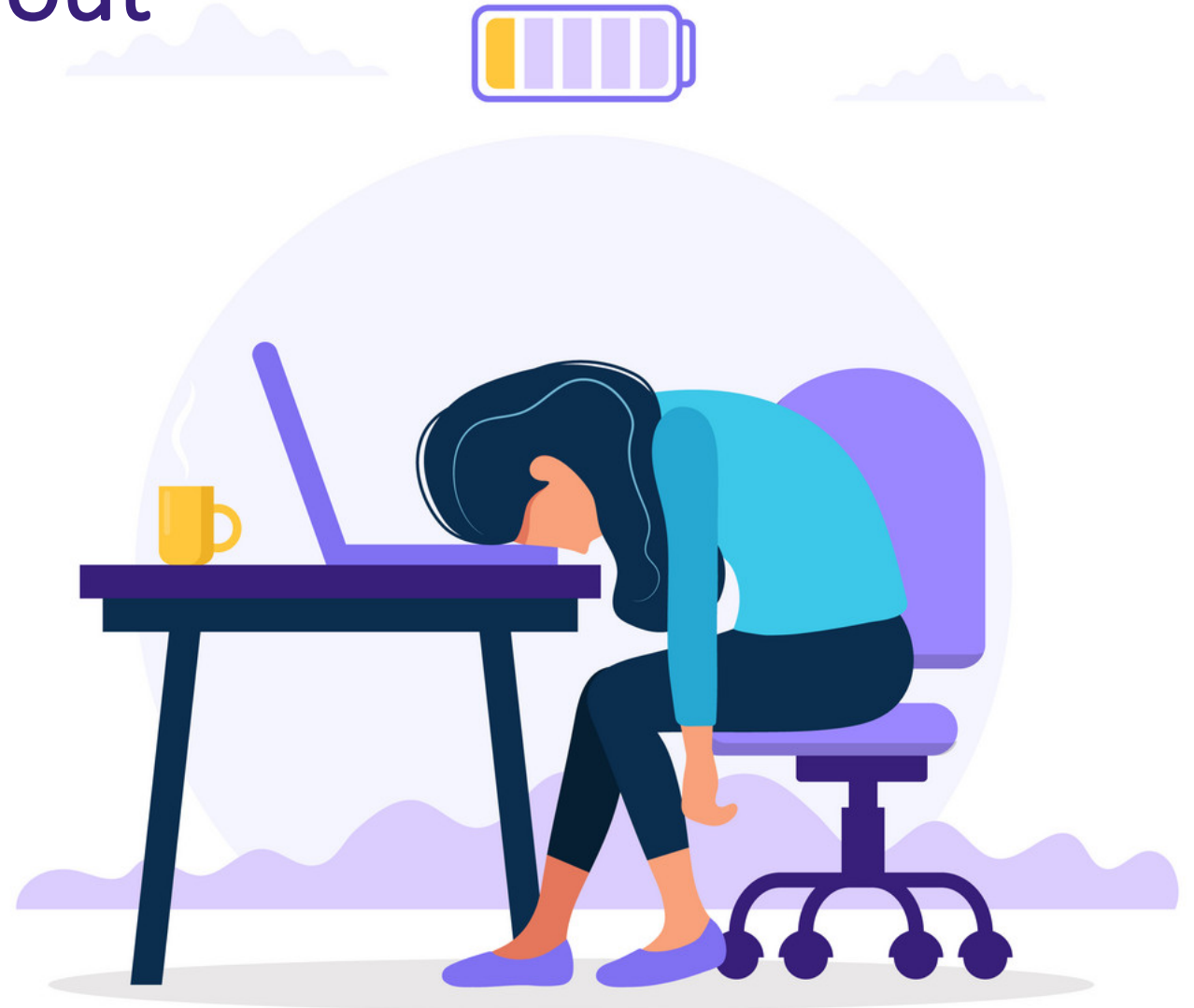
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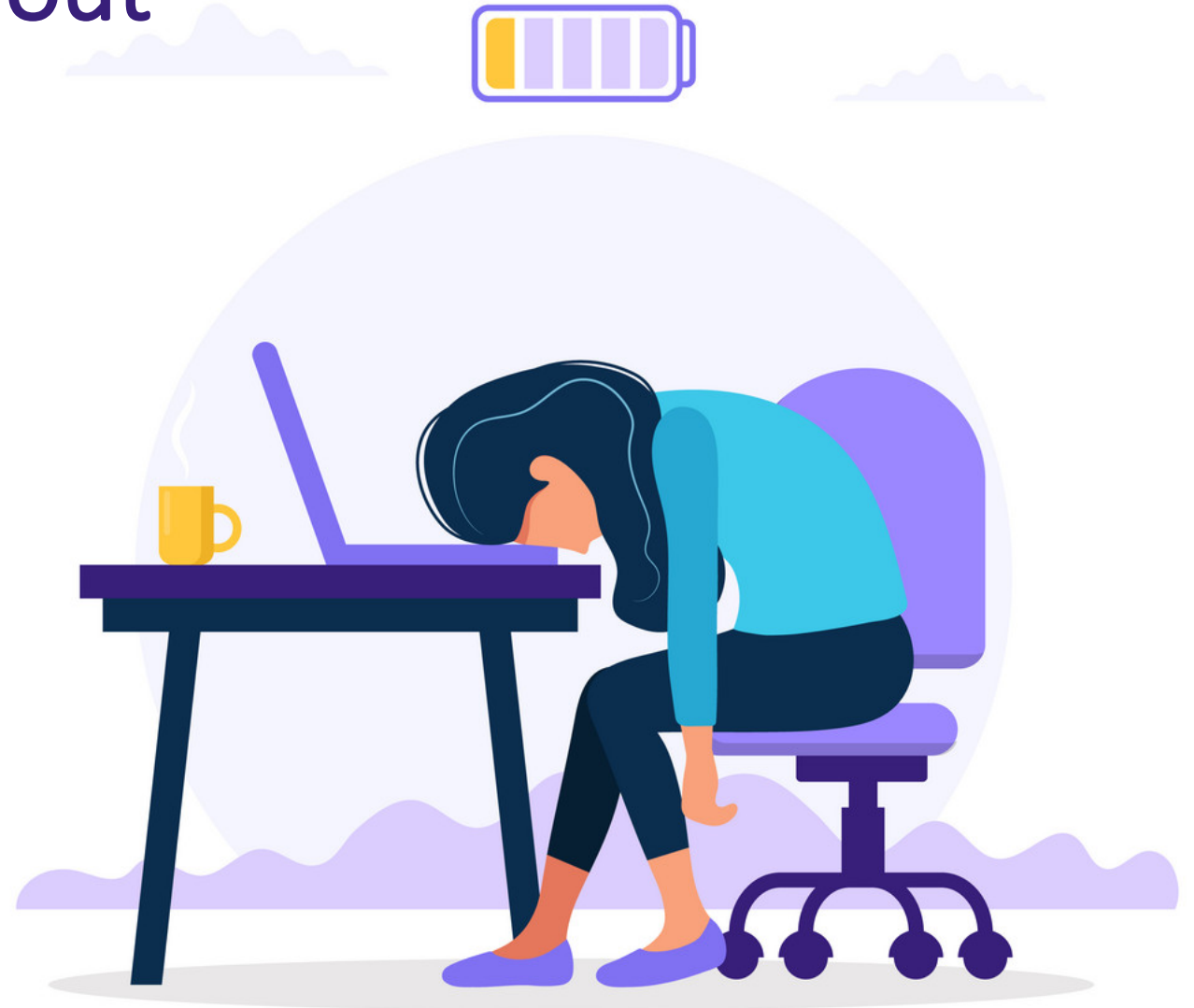
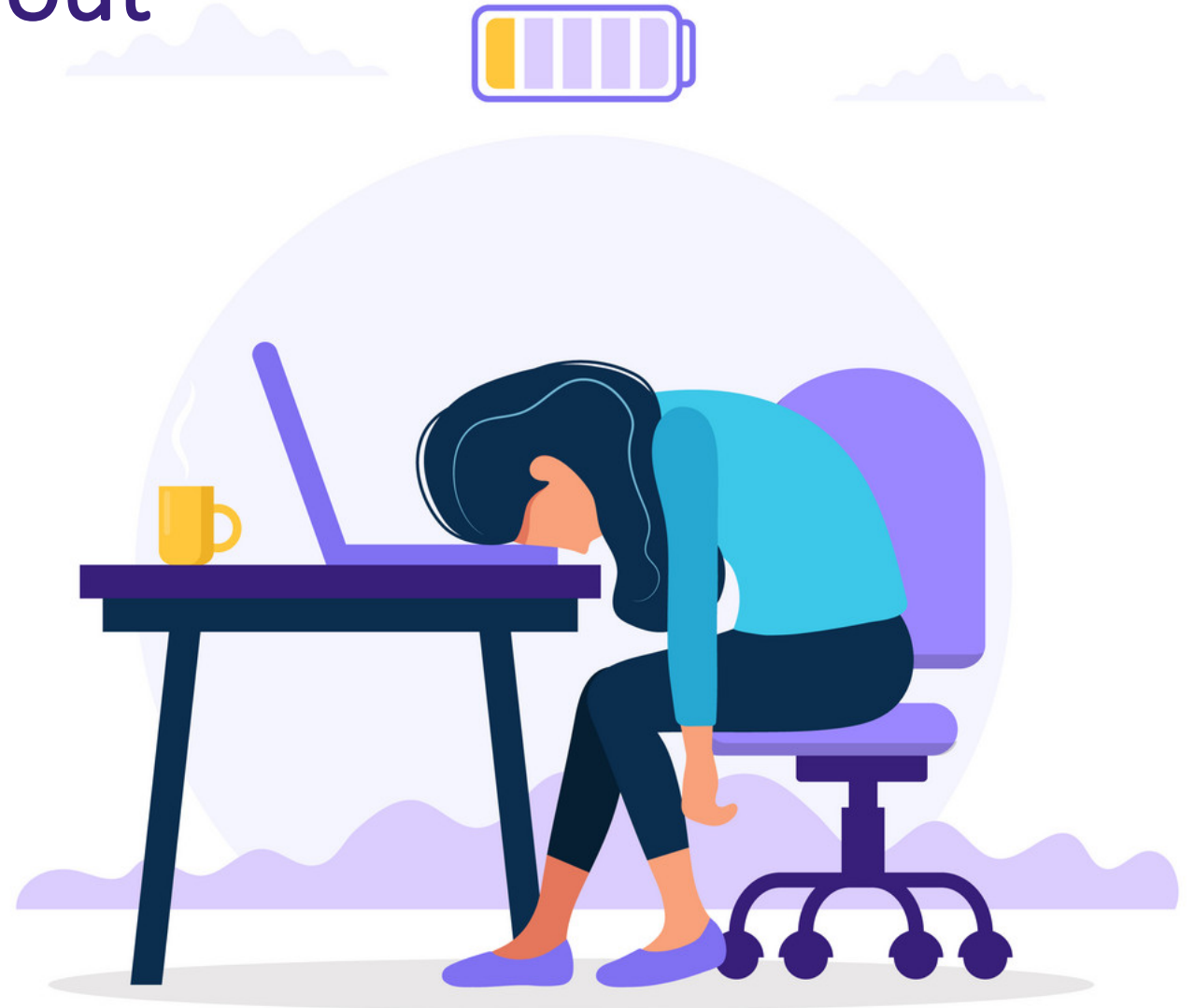- Excessive stress
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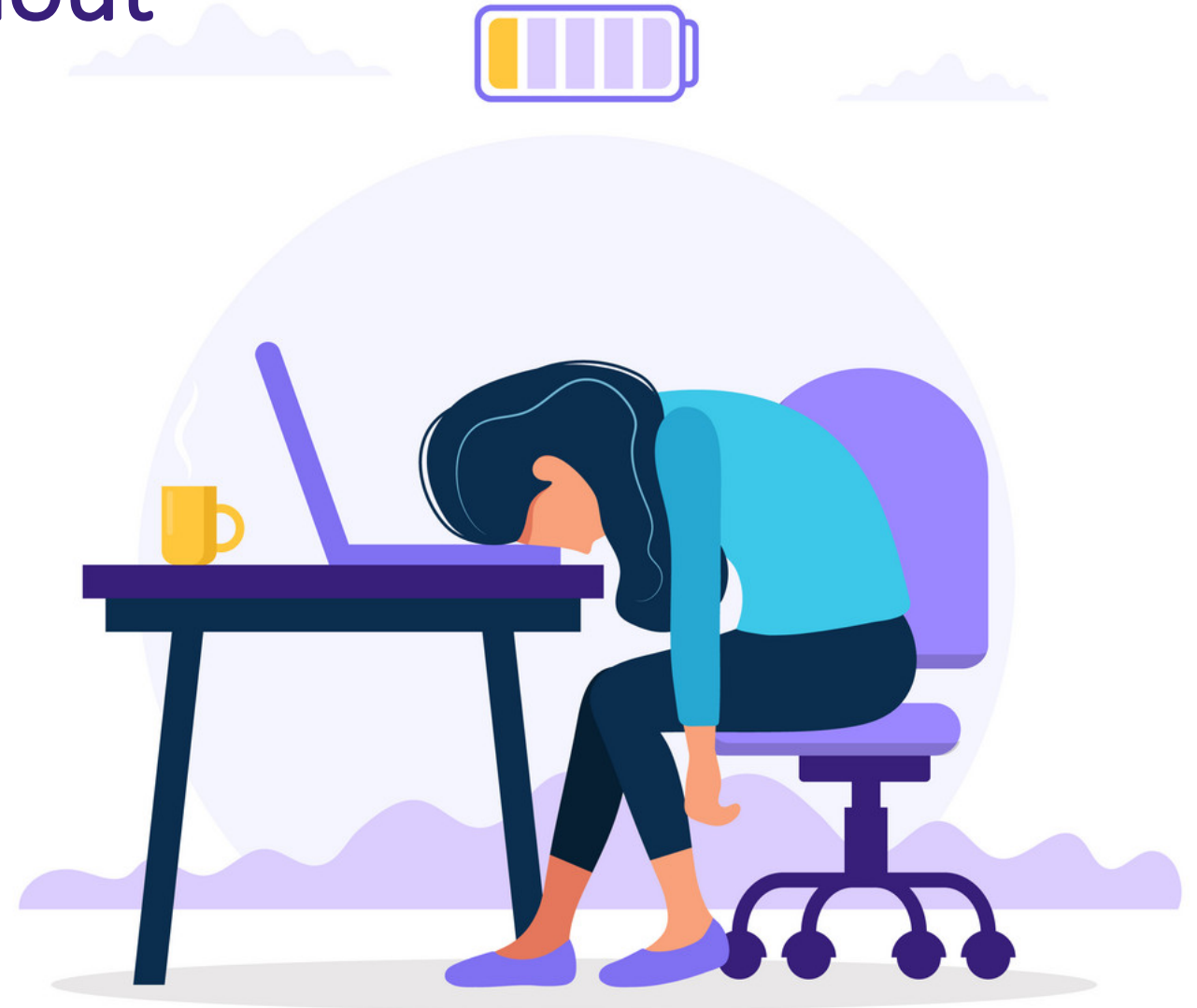
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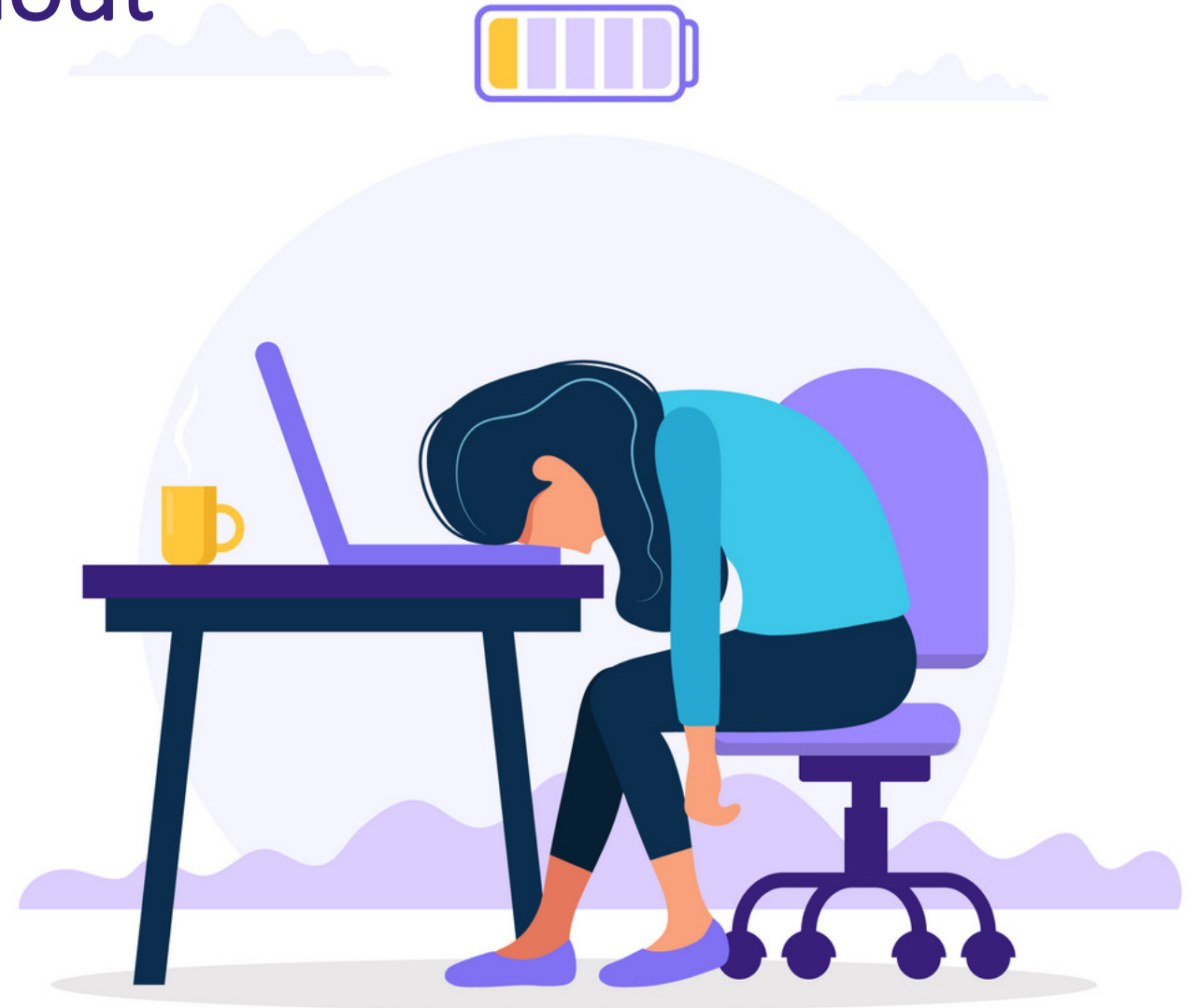- Alcohol or substance misuse

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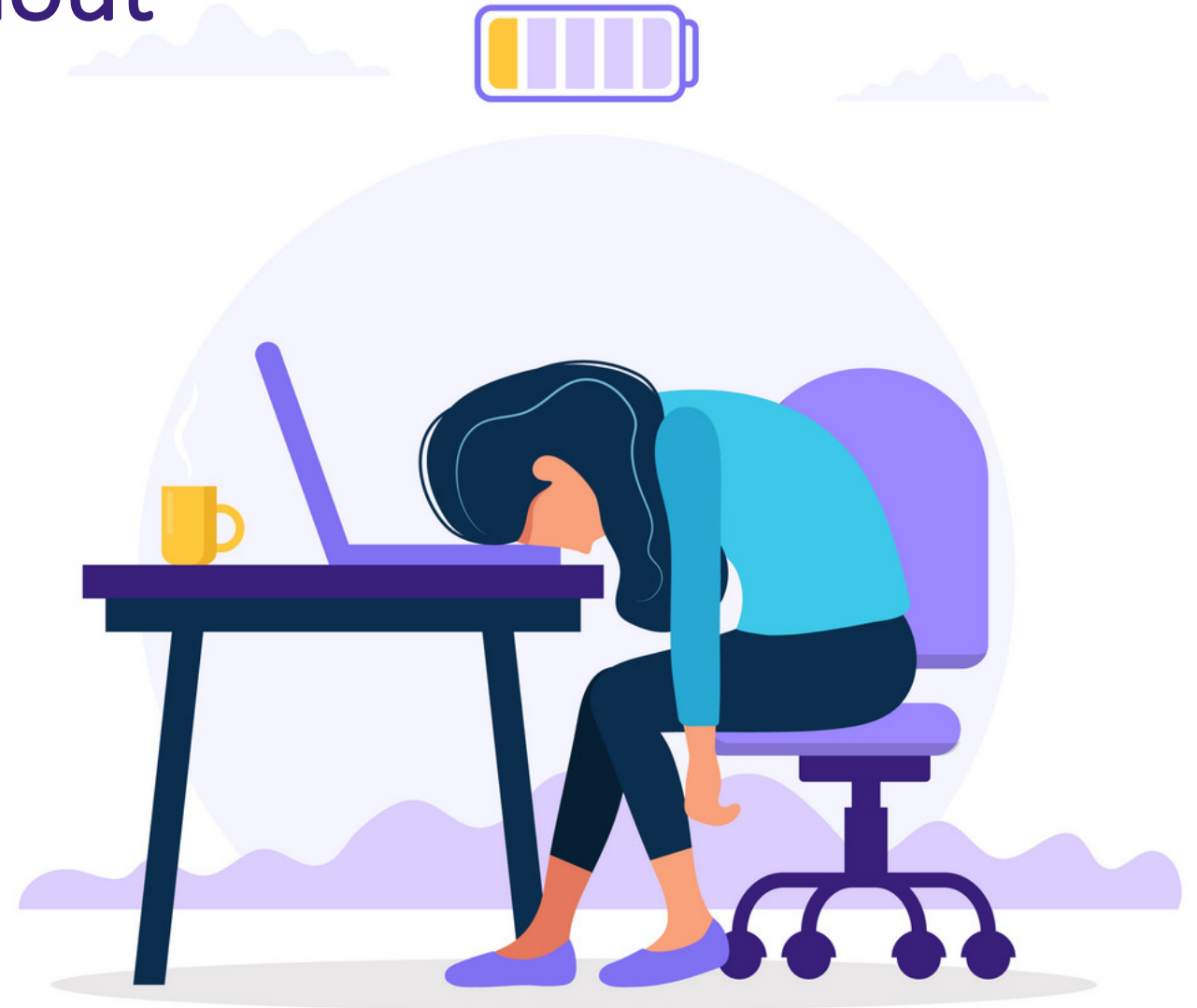- Alcohol or substance misuse
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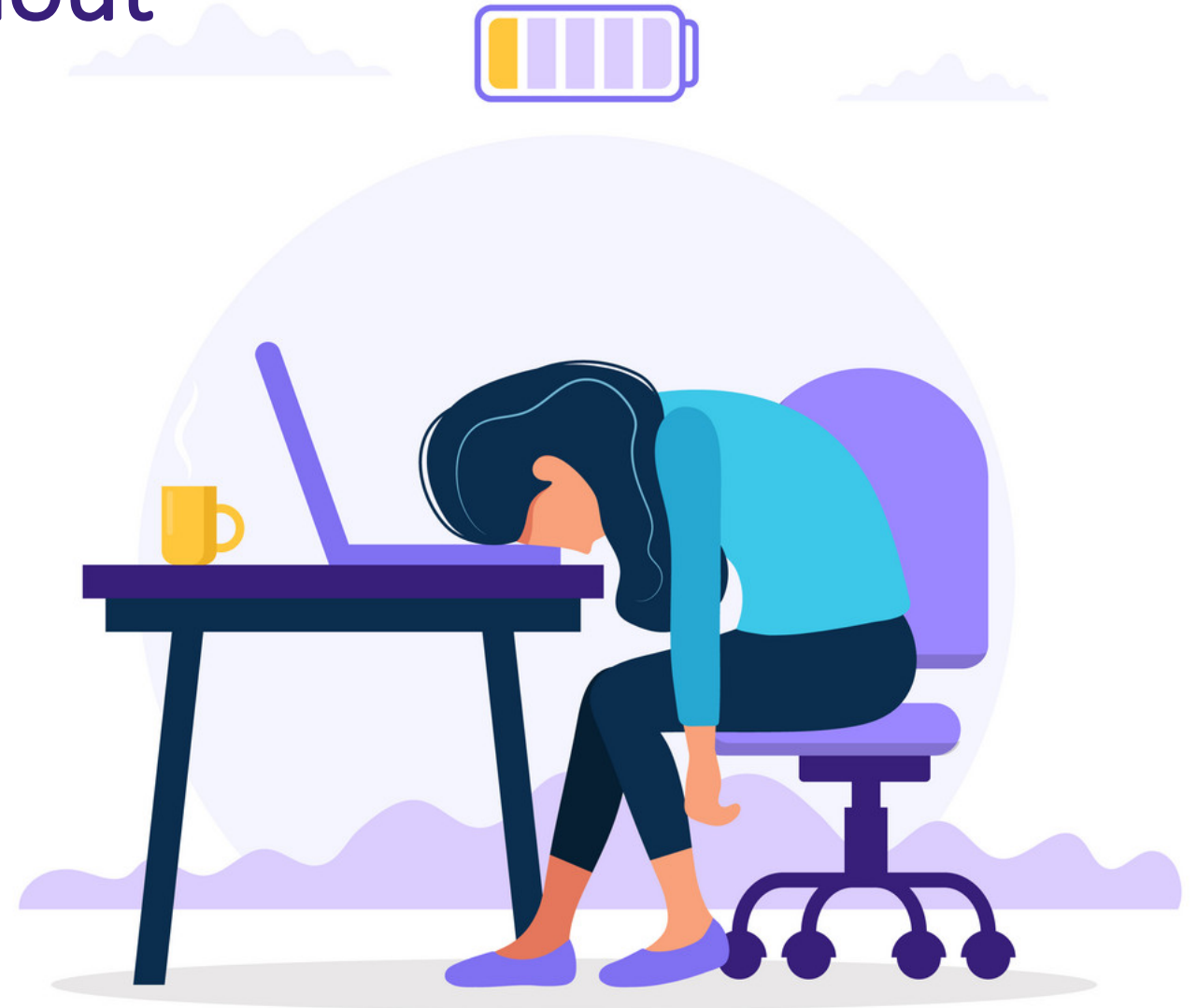
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- Learn to see signs of exhaustion and other forms of burnout

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- Create goals for your employee to work for

# Avoiding Burnout Quiz

- Explain the difference between stress and burnout.

- How do you avoid singling someone out when talking to employees about mental health?

- In what ways can you improve the workplace to prevent burnout?