



# IT'S OK TO ASK FOR HELP

## BURNOUT

Here are some of the common signs and symptoms of burnout. This can happen to anyone and it's important if you notice these signs and symptoms that you ask for help. To be clear, what you're looking for, in yourself or others, are changes in behaviour.

For information on what to do if you notice any of these signs visit [oscar kilo.org.uk](https://oscar kilo.org.uk) or contact your wellbeing team.

### Emotional exhaustion symptoms

- › Tired all the time even after a good night's sleep.
- › Unwilling to take on a new project or anything that would involve extra effort.
- › Avoiding offering support to others.

### Depersonalisation symptoms

- › Developing unfeeling and impersonal responses towards victims and colleagues.
- › Feeling isolated and cut off from partner and family.
- › Finding it difficult to respond to happy or sad events.

### Loss of sense of personal achievement

- › Feeling incompetent at work and loss of self-esteem.
- › Talking about being a failure or self-disparaging comments.
- › A loss of belief in a positive future.