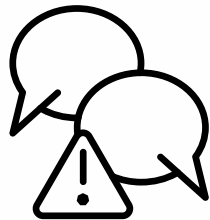


Signs and Symptoms of **BURNOUT AT WORK**

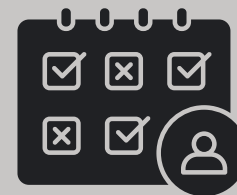
@NicolaMcCrabbe



Decreased Communication:
Cynicism, defensiveness
or withdrawal



Retention Challenges:
Rising absenteeism,
stress-related leaves, or
employee turnover



Decreased Morale and Motivation:
Low
Engagement



Performance and Productivity Concerns:
Decreasing quality of work.

