



# IDENTIFYING BURNOUT

How to spot the signs that you are in need of a reset

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# IDENTIFYING BURN OUT

Do you find yourself being set off by the smallest things? Are you more emotional than normal? Has your get up and go, got up and gone? Or do you just want to find a dark corner and hide from the world? If you find yourself resonating with any of these, you may also find yourself doing a little dance with burnout. As a private practice counsellor and wellness coach, right now I am seeing so many clients walking the fine line of burnout.

Often it goes unrecognized because we tend to think oh, I am just getting older with less patience or tire quickly, or maybe it is easier to blame it on hormones or poor sleep. Instead of taking a deeper dive into what is really going on for us, we tend to slough it off, make light of it, or worse yet ignore it all together. But what I want you to know is that burnout is more common in society today than what we realize.



# 10 WARNING SIGNS OF BURNOUT

1  
YOU ARE EXPERIENCING EMOTIONAL, MENTAL, AND/OR PHYSICAL EXHAUSTION

2  
YOU FIND YOURSELF WITH MORE SOMATIC COMPLAINTS  
(UNEXPLAINED BODY PAINS OR WEAKNESS)

3  
UNUSUAL LACK OF MOTIVATION

4  
INTERPERSONAL STRUGGLES AT HOME OR AT WORK  
(YOU MAY BE ARGUMENTATIVE OR WITHDRAW)

5  
LOW DESIRE TO KEEP UP WITH A SELF-CARE ROUTINE

6  
ADDICTIVE BEHAVIOUR MAY PRESENT OR WORSEN

7  
YOU FEEL THAT EVERYTHING STRESSES YOU OUT

8  
YOUR SLEEP PATTERNS HAVE CHANGED

9  
YOU BECOME CYNICAL

10  
YOUR SENSE OF SELF-WORTH HAS DETERIORATED



# ANNETTE JALBERT

YOUR DELIBERATELY DESIGNED LIFE

If you find you are saying to yourself "*oh this is me*" then I will tell you what I share with so many clients today... **You must take a deeper look at your self-care!** It is imperative to have a self-care plan and routine that you can follow and stick to. Nothing will change until you decide to change. You have seen and heard this before but I will write it for you again ***SELF-CARE is NOT SELFISH!***

You can never look after another without first looking after yourself, heck even the airlines know this! If this is something that you struggle with, let's see how I can jump on your journey and lend a helping hand.

Some options for us to work together are...

- Sign up for my [FREE 7 days self-care challenge](#)
- Grab a copy of the low cost self care planner in my shop
- Hop on a quick discovery call and make a plan to work together

Whatever your needs are I promise you that together we can do anything!!

xo, Annette