

PREVENT BURNOUT WITH

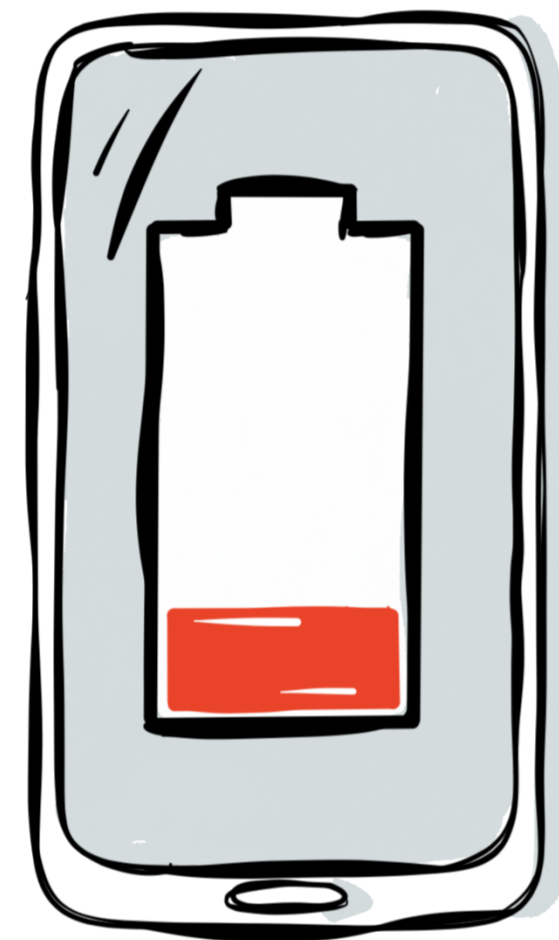
Leanne
SPENCER
@LEANNESPENCERKEYNOTE

R

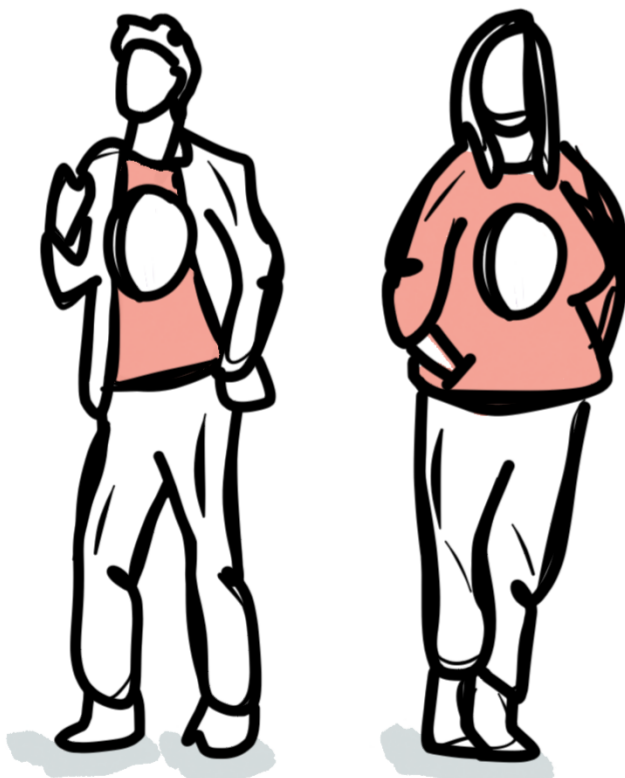


RAGE
OR QUICK TO
BECOME
ANGRY

E



EMPTINESS



D



**DEPENDENCY
OR
DEPRESSION**

F

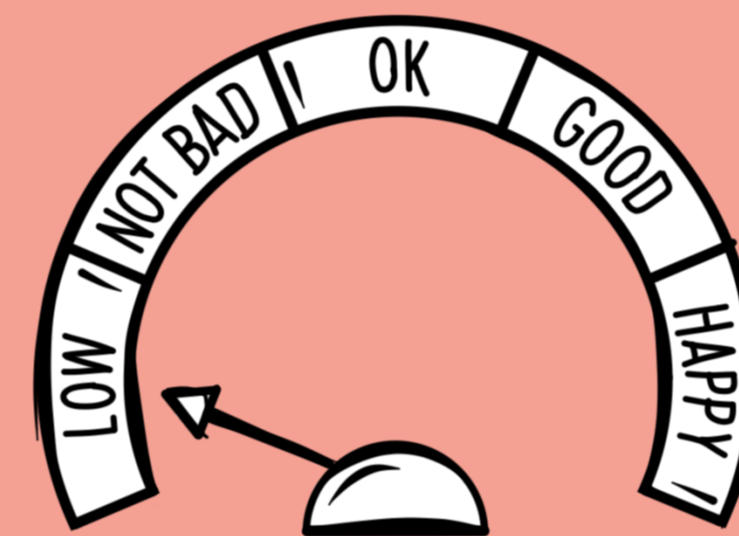
FATIGUE



**A LACK OF
ENERGY
AND
MOTIVATION**



L



MOOD SCALE

**LOW
MOOD**



A

ANHEDONIA

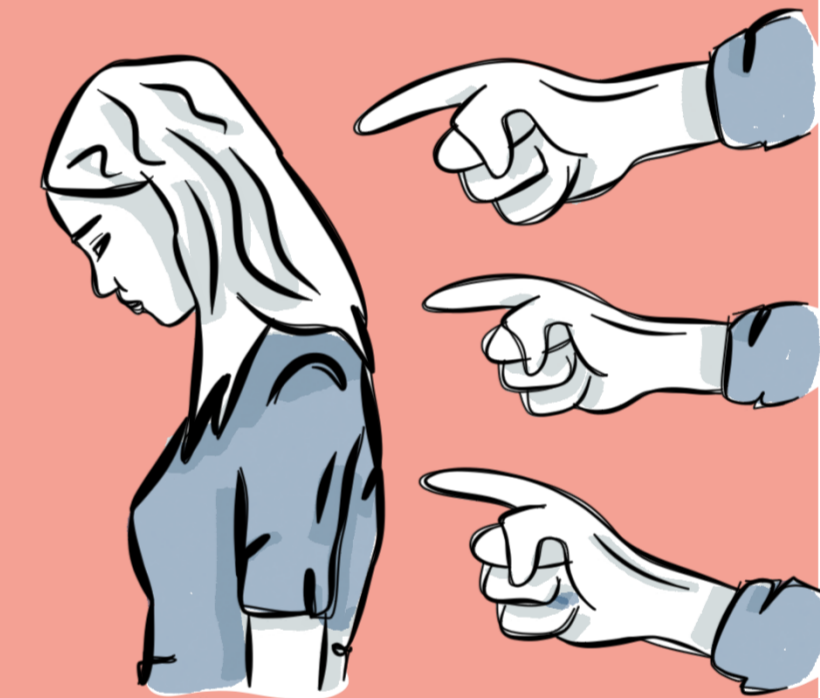


**LOSS OF
PLEASURE IN
ACTIVITIES YOU
NORMALLY ENJOY**



G

GUILT



**OR A FEELING
OF LETTING
PEOPLE
DOWN**

S

SELF-DOUBT



**OR LOW
SELF-ESTEEM**

THIS ISN'T A COMPREHENSIVE LIST AND OF COURSE THERE ARE PHYSICAL SYMPTOMS, TOO, SUCH AS HEADACHES, UNEXPLAINED ACHES AND PAINS AND FREQUENT ILLNESS SUCH AS COMMON COLDS, BUT IT GIVES YOU CLUES ABOUT WHAT TO LOOK OUT FOR.