

# Signs of an Imbalanced Life

Feel tired  
everyday

No  
motivation

Procrastinate  
on tasks

Irritable

Neglect your  
health



## Signs of Stress

Stress is something that affects all of us. While it's okay to have a little bit of stress, too much stress can take a toll on your mind and body. Here are some of the signs:

### Emotional Signs:

- Irritability
- Panic attacks

### Behavioral Signs:

- Overeating
- Frustration



## Strategies for Stress

- Breathing Techniques
- Exercise
- Journal your feelings to identify triggers



## Signs of Burnout

Burnout is when you have pushed yourself to the limit both mentally and physically. It occurs when you have ignored the signs of stress for a prolonged period of time. Here are a few signs of burnout:

### Emotional Signs:

- Loneliness
- Feeling of Failure

### Behavioral Signs:

- Procrastination
- Isolation



## Strategies for Burnout

- **Recognize** the signs
- **Release** your emotions
- **Rebuild** your emotional and physical health.



## Comments from the Audience

- When I find myself not wanting to go to work, I know I'm on my way to burnout.
- You may accomplish the goal by ignoring the warning signs of burnout, but at your health's expense. It takes longer to bounce back if you run on empty for too long.
- I am learning to communicate when becoming burnt-out. Most people know about burnout, but we must be reminded about burnout often to keep our health intact.