[Burn-out and “occupational phenomenon”: International Classification of Diseases](https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases)

* ICD-11 includes burnout as an occupational phenomenon
* It is not a medical condition
* Burnout is caused by chronic workplace stress that has not been successfully managed. It is summarized by 3 symptom categories:
  + lethargy or feelings of energy depletion
  + Increased mental distance and cynicism towards ones job
  + Reduced productivity and efficacy