burnout

and how to make a comeback

Warning Signs

I feel I have nothing left to create

I feel people are so irritating
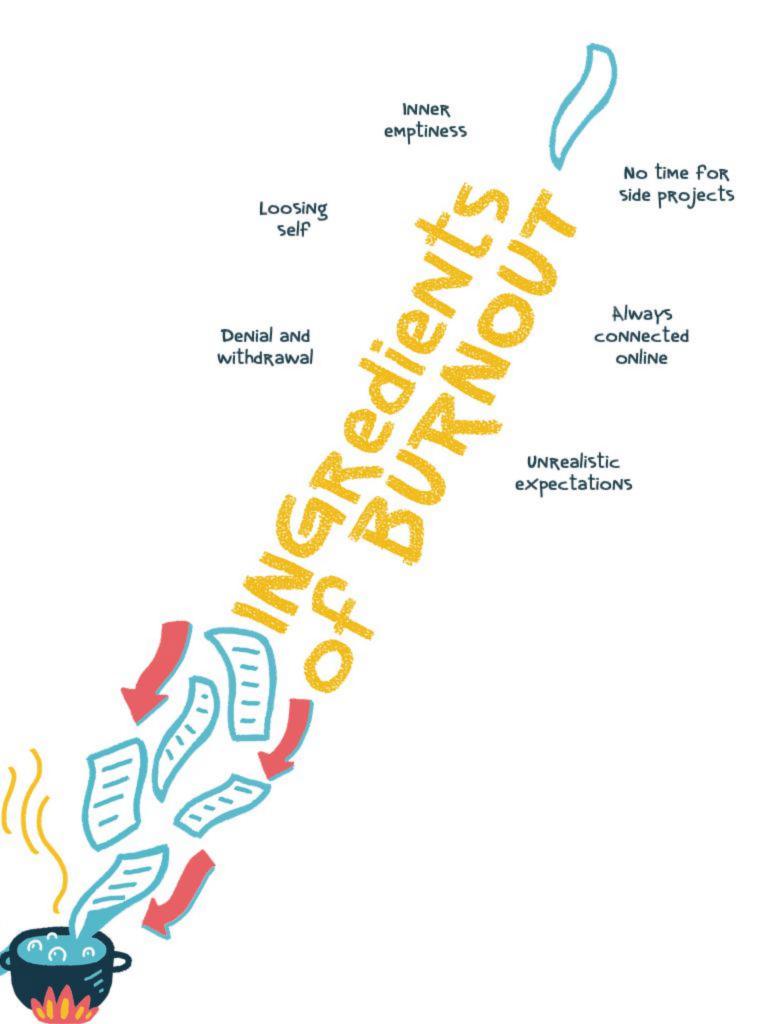
I am tired

I just want to escape to somewhere

I feel hopeless

I fear getting out of bed each morning

whats the point of all my creation?

I just want people to leave me alone

I am always sick

INGredients of BURNOUT

INNER emptiness

No time for side projects

Loosing self

Always connected online

Denial and withdrawal

UNRealistic expectations

- Take a break and vacation for a week or a month. Travel.

- Take easy new projects instead of difficult ones.

- Try automating or delegating your work to someone else.

- Redefine your personality by trying out new style or career.

- Step back and question your current journey and environment.

- Help out people out of your field. It will add meaning to your work.

art of recharging

burnout

by Radhika dutt

share this to help people avoid burnout.