



Understanding burnout

Burnout can manifest as:



Chronic Fatigue

Feeling physically and emotionally drained, even after a full night's sleep.



Disengagement

A sense of detachment or cynicism toward study or noticing that you are blaming patients for their issues.



Irritability

Increased irritability or a short temper, even in non-stressful situations.



Declining Performance

A lack of energy to stay motivated and reduced productivity.



Recognizing Burnout

Recognize the signs and symptoms of burnout as early as possible. Understand that acknowledging burnout is not a sign of weakness but a crucial step toward recovery.



Seek Professional Support

Talk to a professional about how you feel for guidance and support about how to manage burnout.



Seek support:
Medical School
Student Support