

10 WARNING SIGNS OF BURNOUT (NOT ONLY) WHILE WORKING FROM HOME

WHAT TO WATCH OUT FOR?

1. Deep exhaustion that won't go away
2. Losing track of tasks
3. Failure to meet deadlines
4. Mood swings (irritability, sadness, anger)
5. Depression, hopelessness



6. Loss of interest in hobbies
7. Dislike and apathy towards work
8. Poor sleep quality, insomnia
9. Increased alcohol consumption
10. Physical manifestations - headaches, stomachaches, palpitations, dizziness, frequent illness...



NEVYPUSŤ
DUŠI