

# PREVENT BURNOUT WITH

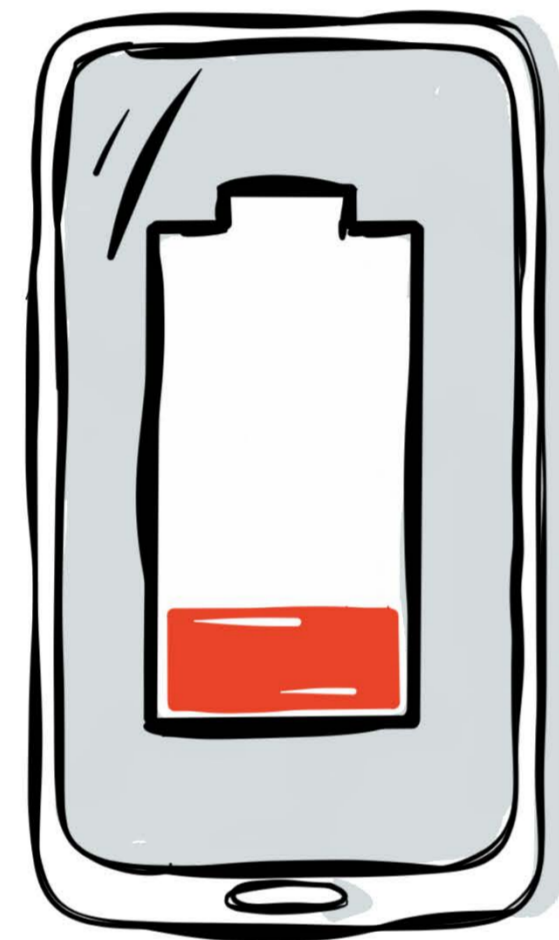
Leanne  
SPENCER  
@LEANNESPENCERKEYNOTE

R

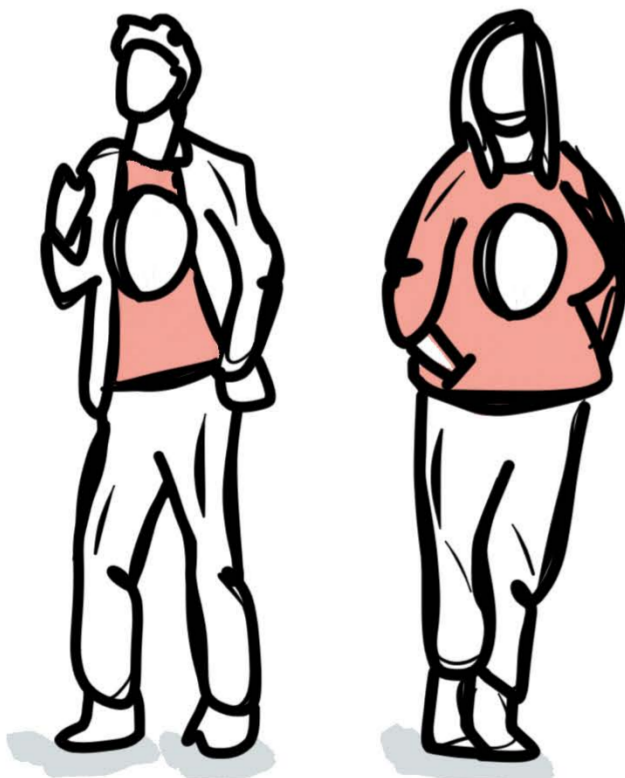


**RAGE**  
OR QUICK TO  
BECOME  
ANGRY

E



**EMPTINESS**



D



**DEPENDENCY  
OR  
DEPRESSION**

F

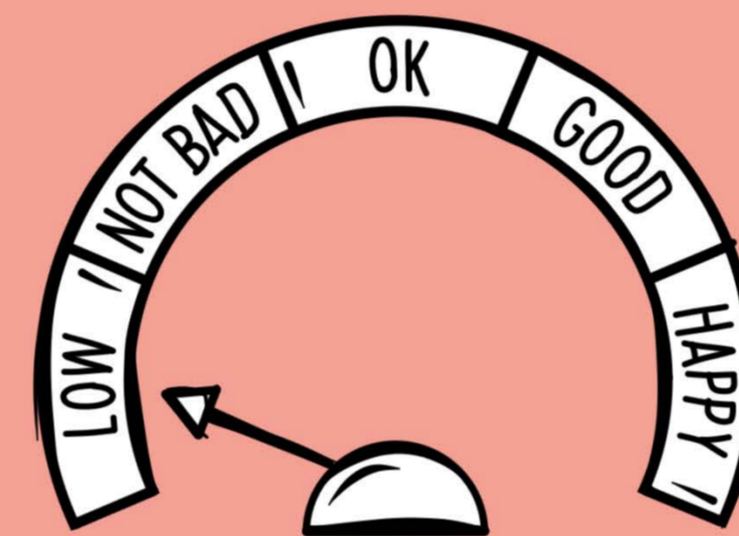
**FATIGUE**



**A LACK OF  
ENERGY  
AND  
MOTIVATION**



L



**MOOD SCALE**

**LOW  
MOOD**



A

**ANHEDONIA**



**LOSS OF  
PLEASURE IN  
ACTIVITIES YOU  
NORMALLY ENJOY**



G

**GUILT**



**OR A FEELING  
OF LETTING  
PEOPLE  
DOWN**

S

**SELF-DOUBT**



**OR LOW  
SELF-ESTEEM**

THIS ISN'T A COMPREHENSIVE LIST AND OF COURSE THERE ARE PHYSICAL SYMPTOMS, TOO, SUCH AS HEADACHES, UNEXPLAINED ACHES AND PAINS AND FREQUENT ILLNESS SUCH AS COMMON COLDS, BUT IT GIVES YOU CLUES ABOUT WHAT TO LOOK OUT FOR.