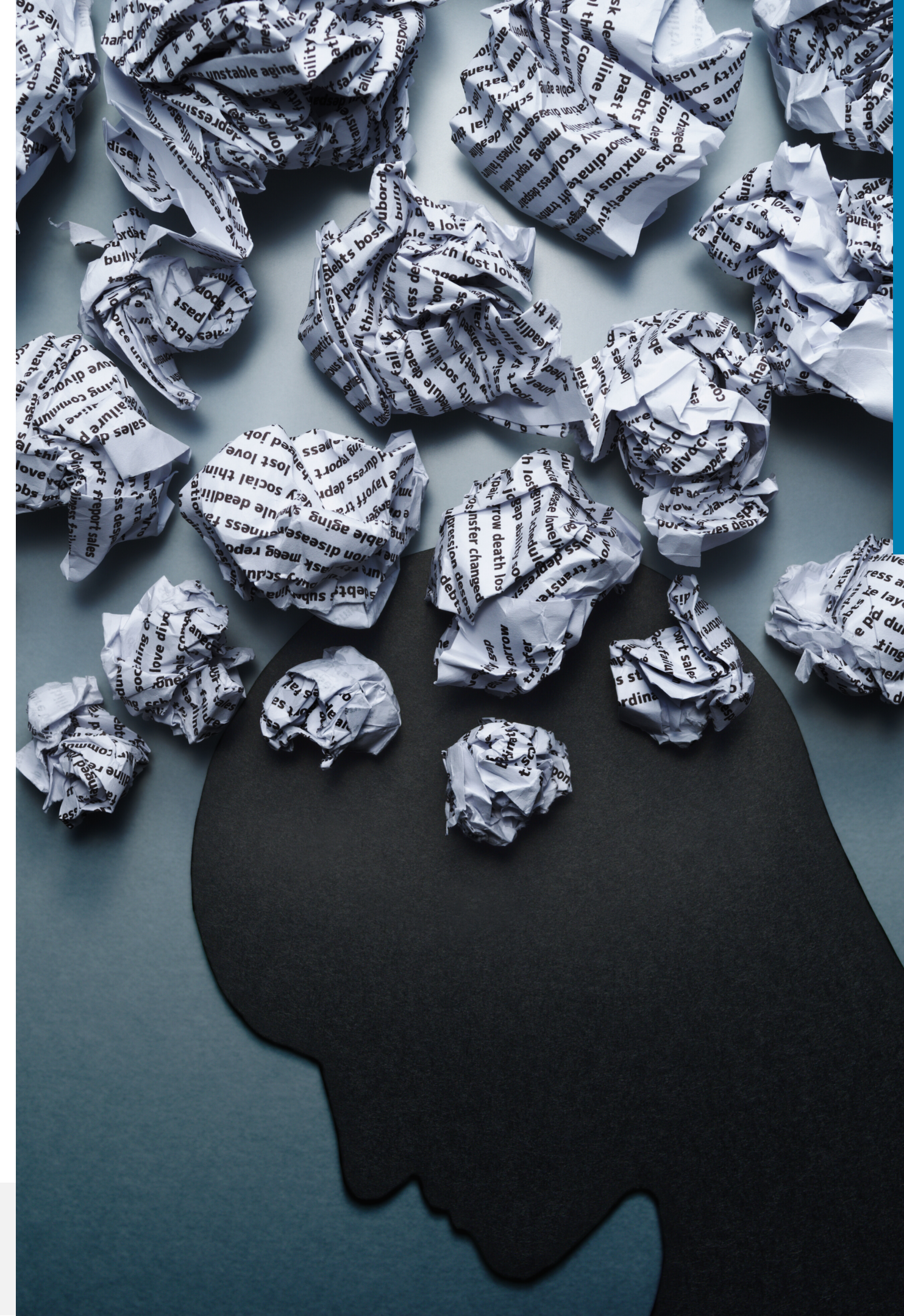


# Risk awareness

Be alert to and mindful of:

- » **Anxiety** - intense feelings of worry or distress, hard to control
- » **Depression** - persistent low mood, sadness, lack of interest or pleasure, being withdrawn
- » **Burnout** - emotional, physical, and mental exhaustion caused by excessive and prolonged stress
- » **Low psychological safety** - a belief one will be punished or humiliated for speaking up with ideas, concerns or mistakes
- » **Workplace incivility** - characteristically low-intensity form of interpersonal aggression, discourteous or rude behaviour with ambiguous intent to harm which nevertheless causes distress



GLWS Reach  
Wellbeing Series

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# How to spot the signs of burnout

## Emotional signs:

- 1** General lack of motivation and lowering confidence
- 2** Feeling physically worn out, tired and drained
- 3** Feeling emotionally exhausted or fragile
- 4** Feeling less accomplished, more self-doubt and a heightened sense of failure
- 5** Feeling increasingly cynical, negative, dissatisfied and detached – ‘beyond caring’

## Behavioural signs:

- 1** Withdrawing from responsibilities and increasingly isolated or apart from others
- 2** Procrastinating, taking longer to do things
- 3** Using more food, drugs, or alcohol to cope
- 4** Skipping work or coming in late and leaving early
- 5** Taking out frustrations on others; being intolerant; seeing colleagues as stupid, lazy, demanding, or undisciplined



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