



Photo Courtesy of Shutterstock

JOB BURNOUT

- 
- 
- Job burnout is a special type of work related stress – a state of physical or emotional exhaustion that also involves a sense of reduced accomplishments and loss of personal identity.

- 
- It is a result of long term job stress that wasn't recognized and addressed before it spun out of control.
 - In other ways it is an overwhelming sense of hopelessness.
 - It is a gradual process.



Causes :

- **Job Scope Creep**
- **Lack of Engagement**
- **Long Hours and High Stress**
- **Limited Upward Mobility**
- **Bad Management**
- **No Communication Channels**

Research article :

- **Statement** : Burnout and its association with resilience in nurses: A cross-sectional study .
- **Researchers** : **Guo YF** , Luo YH , Lam L , Cross W , Plummer V , Zhang JP .
- **Aim and objective**: to investigate the prevalence and extent of burnout on nurses and its association with personal resilience.

- 
- **DESIGN:** A cross-sectional survey design was selected.
 - **METHODS:** A total of 1,061 nurses from six separate three-level hospitals in Hunan Province, China, returned self-reported questionnaires from March-June 2015. Data were collected using a socio-demographic sheet, Maslach Burnout Inventory-General Survey and the Connor-Davidson Resilience Scale.



- **RESULTS:**

- Nurses experienced severe burnout symptoms and showed a moderate level of resilience. Three metrics of burnout had significantly negative correlations with the total score and following variables of resilience. Linear regression analysis showed resilience, especially strength, demographic characteristics (exercise, alcohol use and marital status) and job characteristics (income per month, ratio of patients to nurses, shift work and professional rank) were the main predictors of the three metrics of burnout.
- 



Tool used for the measurement of burnout :

- Maslach burnout inventory
 - Oldenburg inventory
 - Physician work life study's single item
 - Copenhagen burnout inventory.
- 

**Signs, symptoms and
things to look out for**

Exhaustion and fatigue



Disconnection and detachment



Lack of Motivation

I am not lazy.
I just lack motivation.



somee cards
USER CARD

Frustration, Cynicism and Other Negative Emotions



Cognitive Problems



Slipping Job Performance

- Not sure whether you're burnt out? Compare your job performance now to your performance in previous years.



Not Taking Care of Yourself

- Drinking alcohol, smoking or even high coffee thdrag urself to work



Being Preoccupied With Work ... When You're Not at Work

occupational preoccupations
(your brain at work)



Generally Decreased Satisfaction



Health Problems:



Can't Sleep





Activity Time





Riddles:

- No matter how things get terrible for the people for the arctic but they will never eat penguins.
 - Why??????
- 

- 
- Four jolly men sat down to play, they played all night until the break of day. They played for cash and not for fun, with a separate score for every one. When it came time to square accounts, they all made quite fair accounts. No one lost and all gained.
 - Can you explain how??????

- 
- Out of the two which statement is correct
 - ❖ The yolk of the egg is white, or
 - ❖ egg yolk is white
- 

MANAGEMENT





WHO workplace rules for happy life

- Trust no one but respect everyone.
- Never take office gossips to home and vice versa.
- Enter office on time and leave on time.
- Never make relationships in workplace.
- Expect nothing.
- Never rush for a position.
- Never run behind office stuff.

- 
- Avoid taking everything on your ego.
 - It doesn't matter how people treats you. Be humble. You are not everyone's cup of tea.
 - In the end nothing matters except family, friends, and inner peace.
- 

Take Your
Relaxation Seriously
©DrinkKaya



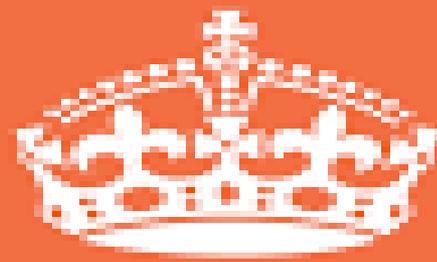


PLEASE
DO NOT
DISTURB
I AM
DISTURBED
ENOUGH
ALREADY



Switch off
mobile
phones





**GET
ORGANIZED
AND
YOU WILL BE
CALM**



ENOUGH **is** ENOUGH

**Why do i feel like this?
What is this feeling?
Where is it coming from?
Im confused and lost**

xsweetssilencex

whisper



Thank
You