



SIGNS OF BURNOUT



A Checklist for Women Business Owners

Burnout is a serious issue, but it can be prevented or managed. By being aware of the [signs of burnout](#) and taking steps to prevent it, you can protect your health and well-being and ensure the success of your small business.



Physical Signs:

- Persistent fatigue, even after a full night's sleep.
- Sleep problems, fatigue, insomnia, or irregular sleep patterns.
- Frequent headaches, body aches, or physical discomfort.
- Frequent illnesses, weakened immune system, headaches, stomach problems.
- Unexplained weight changes, changes in appetite.



Cognitive Signs:

- difficulty concentrating, forgetfulness, decision fatigue.
- Decreased efficiency in completing tasks.
- Difficulty concentrating and making decisions.
- Consistent procrastination or inability to meet deadlines.
- Inability to switch off from work-related thoughts.



Behavioral Signs:

- Skimping on sleep and rest to meet work demands.
- Avoiding social interactions and networking events.
- Neglecting personal well-being and self-care routines.
- Ignoring healthy eating habits or regular exercise.
- Overworking and neglecting personal life commitments.
- Increased alcohol or drug use.
- Risk-taking.



Emotional Signs:

- Emotional numbness or feeling disconnected from your work and life.
- Loss of enthusiasm and passion for your business.
- Diminished sense of accomplishment despite achievements.
- Feeling detached from the purpose or impact of your work.
- Feeling emotionally distant from friends and loved ones.
- Short temper and impatience with colleagues or clients.
- Developing a cynical attitude toward your business and goals.



SIGNS OF BURNOUT



Your Results

If you checked several boxes in each category, it may be a warning that you need to take action. While having these signs does not necessarily mean you have burnout, they are not a positive reflection of your work-life balance. The more of these signs you exhibit and the longer you have had them, the more serious the issue may be. **If you have checked off most of these signs, it is recommended that you seek the help of a therapist to develop healthier habits.**

Actions you can take

It's important to prioritize self-care, seek support, and consider making changes to your routine or seeking professional help if needed. Remember, **your well-being is crucial for your business's success and your own fulfillment.** Try some of the following for immediate relief. Each links to a blog post with more information about the science behind this idea and ways to help.

- Commit to one day a week where you do NOT work.
- Set daily work STOP times.
- Develop sleep routines to go to bed at a consistent time which will help you get at least 7 hours of sleep each night.
- Schedule 150 minutes of exercise each week. (See this list for fun ideas!)
- Try to do one thing each day that brings joy into your life.
- Connect with a friend at least once per week.

Work with Cordes!

Besides or in addition to therapeutic help, Cordes Lindow at Lindow Learning offers solutions to help you develop sustainable and joyful habits for a flourishing, sustainable work-life harmony. Visit [LindowLearning](#) to find the right solution for you.

