IS IT BURNOUT?

9 TELLTALE SIGNS YOU COULD BE EXPERIENCING BURNOUT

1. Higher or Lower Libido
2. Being Hyper Sensitive
3. Low or No Energy
4. Feeling on Edge
5. Overwhelm
6. Low Drive / Motivation
7. Isolation or Withdrawal
8. Using Alcohol or Drugs to Cope
9. Erratic Behaviour

thewmhi.com