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publication is a general counseling useful to all body.

In this week's publication we focus on the five stages of Burn Out.

Burnout is the state of mind that comes with long-term, unresolved stress that can negatively affect your work and your life. In an ideal world, nobody would experience burnout. It is important to understand the stages of burnout before you can work towards preventing it. With burnout, it is prudent to take regular steps to prevent it and there are five stages of burnout to help you understand how you can prevent it from disrupting your life.

The 5 stages of burnout

Burnout can affect anyone, at any time in their lives just like with any illness, symptoms of burnout change from person to person, nevertheless we have recognized that the following five stages are commonly observed:

1. HONEYMOON PHASE

When we undertake a new task, we often start by experiencing high job satisfaction, commitment, energy, and creativity. This is especially true of a new job role, or the beginnings of a business project.

In this first phase of burnout, you may begin to experience predicted stresses of the initiative you're undertaking, so it's important to start implementing positive coping strategies, such as taking practical steps to support your wellbeing alongside your professional projects.

The philosophy is that if we create good coping strategies at this stage, we can continue in the honeymoon phase indefinitely.

Common symptoms include:

- Job satisfaction
- Readily accepting responsibility
- Sustained energy levels
- Unrestrained optimism
- Commitment to the job at hand
- Compulsion to prove oneself
- Free-flowing creativity
- High productivity levels

2. ONSET OF STRESS

The second stage of burnout begins with an awareness of some days being more difficult than others. You may find your



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optimism waning, as well as notice common stress symptoms affecting you physically, mentally, or emotionally.

Common symptoms include:

- High blood pressure
- Inability to focus
- Irritability
- Job dissatisfaction
- Lack of sleep or reduced sleep quality
- Lack of social interaction
- Lower productivity
- Unusual heart rhythms
- Anxiety
- Avoidance of decision making
- Change in appetite or diet
- Fatigue
- Forgetfulness
- General neglect of personal needs
- Grinding your teeth at night
- Headaches
- Heart palpitations

3. CHRONIC STRESS

The third stage of burnout is chronic stress. This is a marked change in your stress levels, going from motivation, to experiencing stress on an incredibly frequent basis. You may also experience more intense symptoms than those of stage two.

Common symptoms include:

- Lack of hobbies
- Missed work deadlines and/or targets
- Persistent tiredness in the mornings
- Physical illness
- Procrastination at work and at home
- Repeated lateness for work
- Resentfulness
- Social withdrawal from friends and/or family
- Uptake of escapist activities
- Anger or aggressive behaviour
- Apathy
- Chronic exhaustion
- Cynical attitude
- Decreased sexual desire
- Denial of problems at work or at home



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- Feeling threatened or panicked
- Feeling pressured or out of control
- Increased alcohol/drug consumption
- Increased caffeine consumption

4. BURNOUT

Entering stage four is burnout itself, where symptoms become critical. Continuing as normal is often not possible in this state as it becomes increasingly difficult to cope. We all have our own unique limits of tolerance, and it's key that you seek intervention at this stage.

Common symptoms include:

- Development of an escapist mentality
- Feeling empty inside
- Obsession over problems at work or in life
- Pessimistic outlook on work and life
- Physical symptoms intensify and/or increase
- Self-doubt
- Social isolation
- Behavioural changes
- Chronic headaches
- Chronic stomach or bowel problems
- Complete neglect of personal needs
- Continuation or increase in escapist activities
- Desire to "drop out" of society
- Desire to move away from work or friends/family

5. HABITUAL BURNOUT

The final stage of burnout is habitual burnout. This means that the symptoms of burnout are so embedded in your life that you are likely to experience a significant ongoing mental, physical, or emotional problem, as opposed to occasionally experiencing stress or burnout.

Common symptoms include:

- Chronic sadness
- Depression
- Burnout syndrome
- Chronic mental fatigue
- Chronic physical fatigue

How to prevent burnout from affecting you

While burnout can cause issues at work, at home, and life in general, it is always possible to act and move towards Stage 1. Even if you are not experiencing stress or burnout now, we suggest the wisest course of action is to proactively take up self-care practices and build your mental resilience. Try it out!