

ASAP Staffing Services
October 21, 2014



Image Credits: [Dennis Skley](#)

The key to overcome job burnout is to recognize the signs and be aware of the several factors that can produce the symptoms while you are experiencing it.

If you are feeling irritated all the time, frustrated and just don't feel comfortable doing your job, you are definitely experiencing job burnout.

People can often confuse it with pure stress due to the fact that physical complaints arise too, such as headaches and lack of energy. When in fact, these health issues are also a product of job burnout.

HR Management author, Lisa Quast has gathered the symptoms of job burnout that according to the Mayo Clinic, they can be:

- *Lack of job control*: inability to organize your work
- *Unclear job expectations*: failure to understand what your superiors expect from you and your role
- *Work environment that leads to increased stress levels*: A dysfunctional work environment can increase stress levels and cause job burnout. According to the 2012 Workplace Survey by the [American Psychological Association](#), 41% of employees report that they typically feel stressed out during the workday and only 58% report that they have the resources to manage work stress.
- *Lack of physical activity*: obtaining little physical exercise can also contribute to increased stress levels, poor health and job burnout.
- *Too much work and too little play*: Spending most of your time working might help you out financially, but it can also be a cause of job burnout.

For recommendations on "the next steps" and how to gain control of your job and life back, continue reading [here](#)

Complete article [How To Recognize And Overcome Job Burnout](#)

By [Lisa Quast](#)

