

## Burnout: How to Identify, Prevent and Deal with It

*A class by Rabbanit Devorah Halevy ACSW*

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*"Burnout is a "state of mental and physical exhaustion caused by one's professional life"*

*- Herbert Freudenberger*

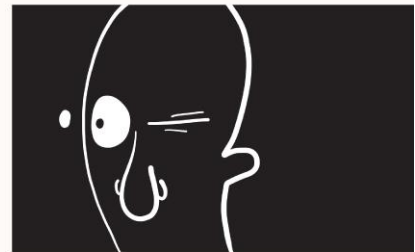
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*signs of*  
**BURNOUT**



*exhaustion*

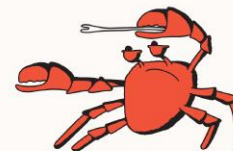


*isolation*



*escape fantasies*

*irritability*

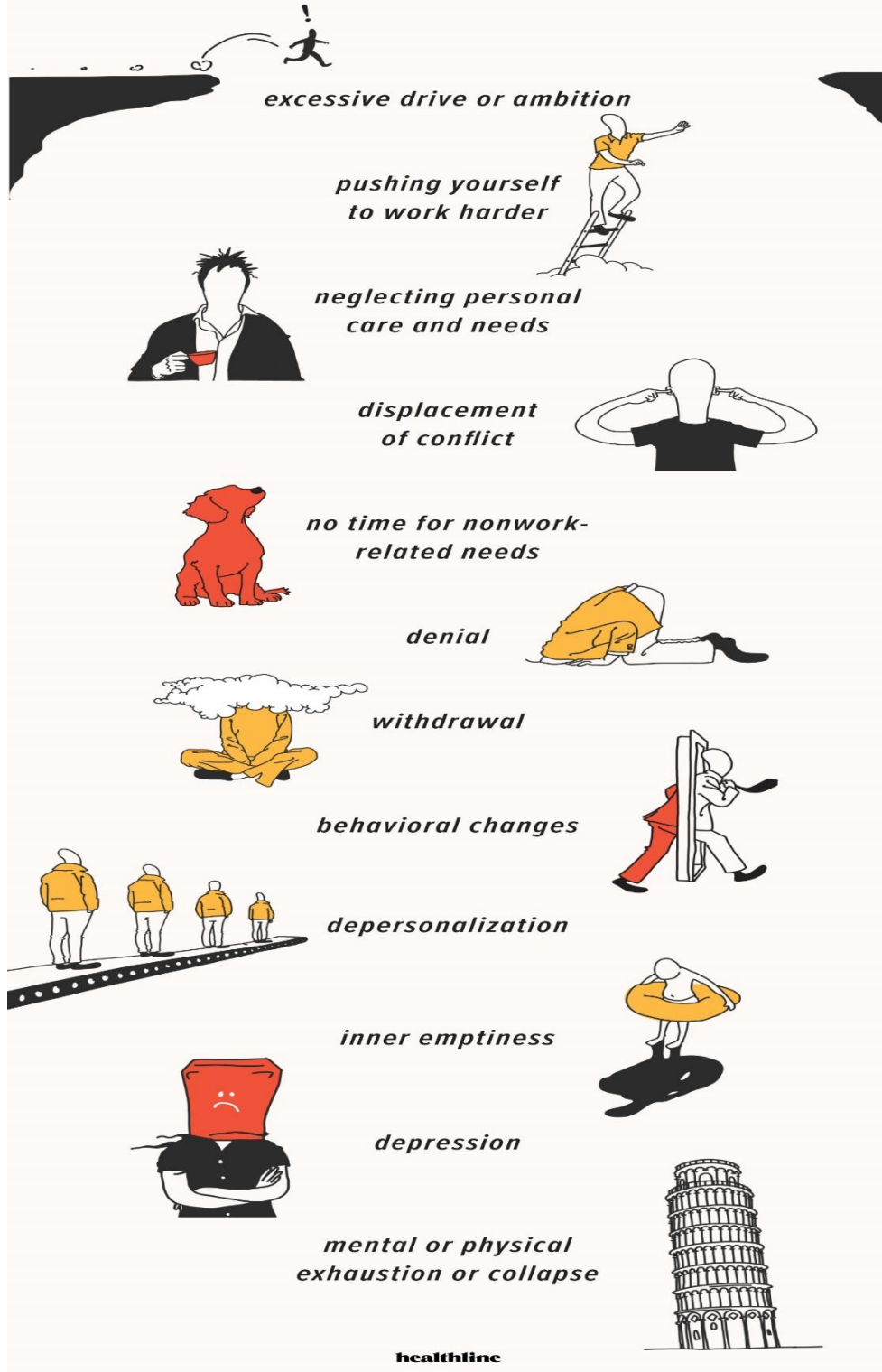


*frequent illness*



**healthline**

# The 12 Stages Of **BURNOUT**



*how to prevent*  
**BURNOUT**



*exercise*



*eat a balanced diet*

*practice good  
sleep habits*



*ask for help*



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