

Burnout

Body & health

Three components, how it differs from ordinary tiredness, and what helps.

Tiredness

- Improves with sleep and a break
- Motivation returns after rest
- Specific to recent effort
- You still care about the work

Burnout

- Exhaustion that rest does not resolve
- Cynicism and detachment
- Reduced sense of accomplishment
- Builds over months

THE DIFFERENCE THAT MATTERS

Burnout is a response to sustained workplace stress. It is driven by conditions — workload, control, fairness — more than by individual

Educational reference. Persistent burnout is worth discussing with a clinician or occupational health service.