



TIMEOUT-Burnout

Evaluation

1. What is burnout? *Fill in the missing words from this list*
drained, demands, emotional, overwhelmed

Burnout is a state of _____, physical, and
mental exhaustion caused by excessive and prolonged stress. It occurs
when you feel _____, emotionally _____, and unable
to meet constant _____.

2. True or False

Burnout only happens to people who work long hours?

3. What is one thing you can begin this week to help you prevent
burnout?

4. What did you gain from this training?

5. What rating would you give this training out of 10?
