



The 12 Stages of Burnout



Stage 1
You feel a strong need to prove yourself



Stage 2
You keep working harder and harder to achieve this



Stage 3
You begin to neglect your own needs more



Stage 4
You are conflicted and blame others or the situation



Stage 5
You change your values to focus on work more



Stage 6
You deny the problems that arise due to work stress



Stage 7
You withdraw from social life and your family as well



Stage 8
Your behavior changes which upsets your loved ones



Stage 9
Depersonalization happens, you do not feel like yourself



Stage 10
You feel empty and numb, substance abuse can occur



Stage 11
You feel depressed, lost, and completely exhausted



Stage 12
You mentally and physically collapse, full burnout

If you or someone you know is struggling, support is available. Please contact the VM4U psychological support team at psych@vm4u.org/psychological-support/ for more information



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