

Burnout on the Front Lines

Recognizing and Addressing the pressures and stress of serving others in need

What is Burnout



Burnout is a state of physical, emotional, and mental exhaustion caused by prolonged or excessive stress. It's more than just feeling tired; it's a deep-seated exhaustion that affects your ability to function effectively.

Signs & Symptoms of Burnout in war zones

Emotional Symptoms:

- Irritability, anger, or cynicism
- Loss of interest in work
- Feeling emotionally detached or numb
- Increased anxiety, depression, or PTSD symptoms

Physical Symptoms:

- Fatigue, insomnia, or changes in sleep patterns
- Headaches, digestive problems, or weakened immune system
- Increased use of substances (alcohol, drugs)

Behavioral Symptoms

- Negligence, errors, or decreased productivity
- Social withdrawal, isolation, or strained relationships
- Changes in eating habits

For more information reach out to VM4U Psychological Support team :

<https://vm4u.org/psychological-support/>

VIENNA
MISSION FOR
UKRAINE



Taking Care of yourself while caring for others

- **Prioritize self-care:** Get enough sleep.
- Eat nutritious meals.
- Engage in physical activity.
- Practice relaxation techniques (deep breathing, mindfulness).
- **Seek support:** Utilize available mental health resources (counseling, therapy).
- Connect with family and friends for emotional support.
- Join support groups for other medics.
- **Establish healthy boundaries:** Learn to say "no" to excessive demands.
- Take breaks when possible.
- Disconnect from work when off-duty.