



1

Loss and grief can often bring about the feeling of wipeout.

2

Anxiety and fear about the current pandemic brought about by constant questions of safety and when the pandemic will end.

3

Compassion fatigue. As a Social Worker, you may be absorbing the trauma of your clients in addition to your own stress.

Burned out?
Here are some reasons why:

4

Physical tiredness from lack of sleep. You can lose sleep due to a number of reasons, from worrying about the current situation, how it affects your clients to working extensively throughout the night.

5

Prior Burnout. Acknowledge the fact that you may have already been burned out long before this, whether it be from work or other illnesses.

