

BURNOUT-SYNDROME

Buzzword or serious condition?

First described in the 1970s among healthcare workers, burnout refers to emotional exhaustion paired with declining performance and psychological strain. It often begins with idealistic enthusiasm, then moves through frustration and disillusionment to apathy. Despite its seriousness, the term is now widely overused – even prolonged tiredness is often labeled «burnout». Milder cases can be addressed through coaching, but more severe symptoms may require professional psychological or medical treatment.

How to protect yourself from burnout

Burnout typically results from chronic overstrain – often not due to the work itself, but environmental factors like loss of control, open-plan offices, unclear roles, or rapid promotions. A realistic self-image, awareness of personal limits, and clear communication of needs are key. Long-term wellbeing requires self-care and proactive reflection – before exhaustion takes over.