

BURNOUT IN CHILD WELFARE

Burnout is the exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration. There are typically 4 stages:

EXHAUSTION



Physical, mental or emotional exhaustion, which includes; looking for shortcuts, lack of energy, feelings of guilt and low self-esteem.

SHAME & DOUBT

Lack confidence about the present and future. May also discount past accomplishments.



CALLOUSNESS

Becomes abrasive or obnoxious which eventually becomes a burdensome and self-defeating strategy. Can also cause cardiovascular issues and high blood pressure.



FAILURE & CRISIS

Psychological defenses are worn down. Painful memories and old hurts start to surface

