













**STRESS  
AND  
BURNOUT  
ARE  
DIFFERENT**

**A CONTINUUM**

Stress	Burnout
 <p><b>Over-reactive + irritable</b></p>	 <p><b>Disengaged + numb</b></p>
 <p><b>Worried + anxious</b></p>	 <p><b>Apathetic + cynical</b></p>
 <p><b>Frantically trying to fix things</b></p>	 <p><b>Discouraged + unmotivated</b></p>
 <p><b>Edgy, amped up, wired + tired</b></p>	 <p><b>Physically + mentally exhausted</b></p>
 <p><b>Mind racing</b></p>	 <p><b>Brain fog, reduced cognitive function</b></p>
 <p><b>Insomnia or waking up too early</b></p>	 <p><b>Excessive sleep, but not refreshed upon waking</b></p>