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.

www.centerforchildwelfare.org