

Burnout or Depression?

Burnout has recently become an official medical diagnosis, yet it could still be misdiagnosed as **Depression**.

Learn the differences between them and if you feel you are experiencing one or both, seek immediate support from your doctor or a mental health professional.

Burnout



Definition

State of emotional, mental and/or physical exhaustion due to prolonged or repeated stress.



Symptoms

- Exhaustion / Lack of energy
- Feeling detached from yourself and your actions
- Cynicism
- Irritable / Impatient
- Lack of satisfaction
- Inefficacy (reduced sense of personal accomplishment)
- General feeling of unwellness



Causes

- Lack of control / No power
- Constant intense activity
- Feelings of isolation
- Dysfunctional environment
- Feelings of being unfulfilled; having no purpose
- Extremes of imbalance



Relief / Treatment

Set boundaries so you are not overextending yourself. That means learning to say "no" and standing by it.

If work related, relief may be felt by taking a vacation or a leave of absence.

Finding balance is essential – carve out time for what makes you happy.

Ask for help from family or friends (to run errands, watch the kids, etc).

Deepen your self-care including sleep, exercise, nutrition, mindfulness and play.

Depression



Definition

Constant feeling of sadness and loss of interest, sometimes leading to the inability to perform normal activities.



Symptoms

- Exhaustion / Lack of energy
- Feelings of worthlessness, guilt and personal failures
- Sadness and hopelessness
- Bursts of anger / Irritability
- Loss of interest
- Self-loathing (possible thoughts of dying/suicide)
- Unexplained physical problems



Causes

- Imbalance of neurochemicals
- Vitamin deficiencies
- Genetic vulnerability
- Trauma
- Drug use
- Stressful life events
- Changes in biology (puberty, menopause)



Relief / Treatment

Besides seeking psychotherapy and possibly taking medication, symptoms of depression can be relieved through self-care practices including:

Avoiding alcohol and drugs which are major contributors to depression.

Vigorous exercise 30 minutes per day increases production of the "happy hormones".

Try alternative therapies including acupuncture, reflexology, light therapy, meditation, art therapy, yoga, supplements or essential oils.

Train to become a Certified Holistic Mental Health Coach.

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