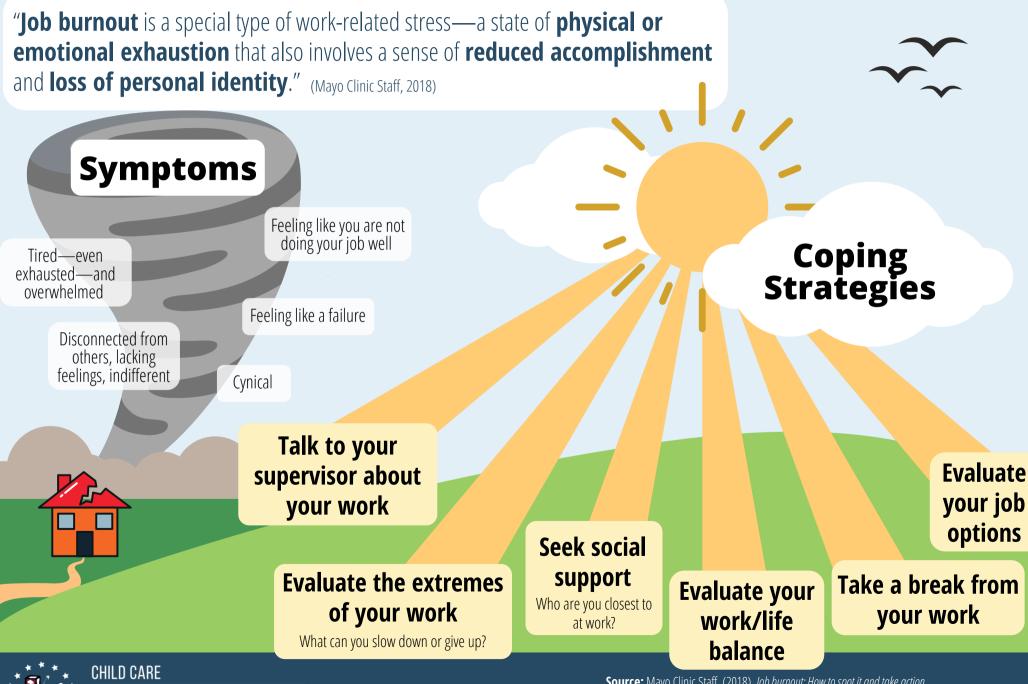
BURNOUT Symptoms & Coping Strategies



State Capacity Building Center

Source: Mayo Clinic Staff. (2018). *Job burnout: How to spot it and take action*. https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642