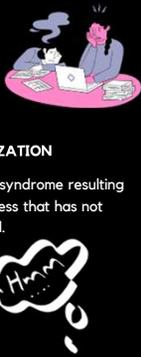




**DEFINITION**



**WORLD HEALTH ORGANIZATION**  
 Burnout is an **occupational** syndrome resulting from chronic workplace stress that has not been successfully managed.



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**YOU ARE NOT ALONE**



**50%**



**ACROSS MOST STUDIES**

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**YOU ARE NOT ALONE**



**Indeed Survey (2021)**

- **BABY BOOMERS** SHOW A 7% INCREASE IN BURNOUT FROM PRE-PANDEMIC LEVELS (24%) TO TODAY (31%).
- **54% OF GEN XERS** ARE BURNED OUT — A 14% JUMP FROM THE 40%
- **59% MILLENIALS**



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# YOU ARE NOT ALONE

AMERICAN PSYCHOLOGICAL ASSOCIATION

- 79% = WORK-RELATED STRESS
- 44% = PHYSICAL FATIGUE
- 33% - COGNITIVE WEARINESS

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## WHAT IS BURNOUT?

### The stress curve

**LAWYER TENDENCIES**

- HIGH ACHIEVING
- PERFECTIONIST
- EXCESSIVE HOURS
- CULTURE
- LACK OF SUPPORT

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## Signs of Burnout

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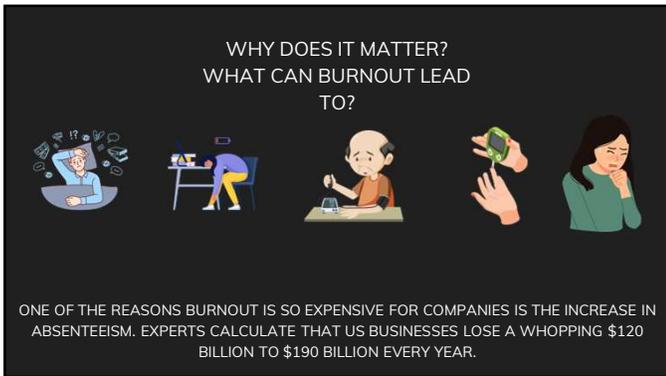
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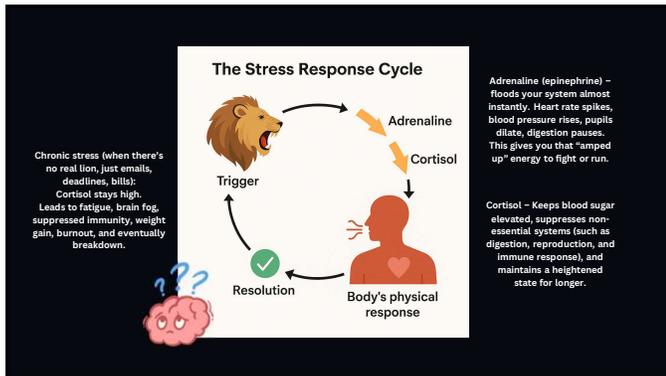
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**WHAT CAN WE DO ABOUT IT?**

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**Remember the (new) Definition**

**BURNOUT IS AN OCCUPATIONAL AND PERSONAL LIFE AND FAMILY LIFE AND YOU LIFE SYNDROME RESULTING FROM CHRONIC WORKPLACE STRESS THAT HAS NOT BEEN SUCCESSFULLY MANAGED.**

IT STARTS AT HOME AND WITH YOU

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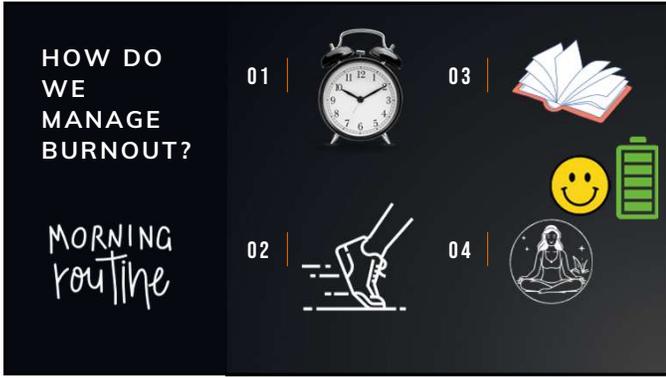
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**LET'S CONNECT!**

Linked In  
Wendy-S-Meadows

Instagram  
wendy\_s\_meadows

[www.wendysmeadows.com](http://www.wendysmeadows.com)



**SCAN FOR THE PAUSE TIME PLAYBOOK**



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