



## 10 Signs you are Mentally Exhausted

1 November 2019

### So how many of these apply to you?

1. You get easily irritated.
2. You have trouble sleeping – which could be you battle to fall asleep, your sleep is broken through the night, or you wake up and can't go back to sleep or take forever to go back to sleep and usually do so just when you need to get up.
3. Your physical health is not as good as it usually is. You could be getting colds or flu more frequently than usual. You may have lots of stomach complaints and indigestion.
4. You lack motivation – even to do the things you usually love doing.
5. You are tired. You feel bone tired when you wake up, as well as during the day. You feel tired even if you did get a good night's sleep.
6. You have no patience with people. You find yourself getting short with, or cutting off, people.
7. You are experiencing anxiety or panic attacks. Or maybe you have more anxiety than usual.
8. You feel very emotionally fragile and can start crying very easily or lose your temper very easily.
9. You feel detached from reality. You go through the days, or you have time periods when you just feel you don't connect emotionally to what is going on around you.
10. You feel hollow and empty.

**If any of these ring true for you then you need a break. Preferably get into a different environment and do different things to your usual day to day stuff. The more of these above points that are true for you, the more you need a good long holiday. A holiday in different surroundings, with no stress and lots of fun and enjoyable activities, with people you like being around. If you cannot have a holiday because of work deadlines, or your holiday is still some months ahead, then plan to have some breaks. Consider a weekend away. If that is too much, then consider even a half day away doing something**

**you enjoy. The more you keep pushing yourself and the less you make any time at all available for relaxation, the faster you are going to head to burnout, and the longer it will take to recover.**

**And if you are thinking I don't have time to have a break, then you definitely need one. If you are pushing yourself so hard you have the above symptoms, then you are most likely not as productive as you could be, and you will lose some ability to reason accurately. Your problem solving and decision-making skills will be compromised because you are so tired. So whatever work you do force yourself to do, will be of poorer quality than usual. Quite frankly, you don't have time to not have a break.**