Burnout Warning Signs

CAMS for Early Childhood • Set Kids Up for Success

Use this as a reflection tool—not a diagnosis—to notice when ongoing stress may be affecting your work and well-being.

Possible Warning Signs

• Feeling exhausted even after rest

• Dreading work regularly

• Feeling unusually irritable or short-tempered

• Feeling numb or disconnected

• Losing patience more quickly

• Feeling ineffective or like nothing you do is enough

• Difficulty leaving work at work

Check In With Yourself

Which signs have I noticed lately? Are they occasional, or are they becoming a pattern?

What Can Help

• Talk with a supervisor or trusted person

• Clarify priorities

• Ask for help with tasks

• Use breaks and time off when available

• Build small recovery moments into the day

• Seek professional support if stress is significantly affecting your life

For Directors

If several staff members report similar concerns, consider whether workload, staffing, communication, schedules, or workplace culture need attention.

“Taking care of yourself is part of taking care of the children.”

Notes

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