



exhaustion
(emotional/
physical)

chronic
overwhelm
about
workload

anxiety
about
going to
work

feeling
disillusioned,
jaded or cynical
about (aspects
of) the job

brain fog,
hard to think

SOME SIGNS OF TEACHER AND SCHOOL LEADER BURNOUT

physical symptoms
e.g. headache,
stomach ache,
chronic fatigue,
digestive issues, heart
palpitations,
chest pain etc.

less
sociable

chronic
insomnia

less self-care
e.g. not eating
a healthy diet

feeling
irritable and
easily
annoyed