

Resources on Burnout on Burnout & Compassion Fatigue

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Symptoms of Burnout Self-Test:

<https://www.additudemag.com/quiz/symptoms-of-burnout-test/>

This self-test, drafted by ADDitude editors and informed, in part, by the Copenhagen Burnout Inventory, the Oldenburg Burnout Inventory, and the Maslach Burnout Inventory, is designed to screen for the possibility of burnout. This self-test is intended for personal use only. It is not intended as a diagnostic tool.

Videos:

Nate Page discussing a 4 stage model of burnout development

<https://www.youtube.com/watch?v=3tH2GVhD0cY>

Christina Maslach Discussing Burnout:

<https://www.youtube.com/watch?v=gRPBkCW0R5E>

Kristin Neff - Ten minute mindfulness practice designed for caregivers called “Compassion with Equanimity”

https://www.youtube.com/watch?v=EHvX7_ib-F0

Dr. Geri Puleo - Burnout and post-traumatic stress disorder. She makes a compelling case for why burnout is actually PTSD:

<https://www.youtube.com/watch?v=hFkI69zJzLI>

Articles:

ADHD Burnout: Signs, causes, and how to cope

A great article with ADHD specific information, including a helpful model of the “ADHD Burnout Cycle”

<https://www.choosingtherapy.com/adhd-burnout/>

Six early predictors of burnout in the workplace (1) Workload (2) Control (3) Reward (4) Community (5) Fairness (6) Values

<https://nick.groenen.me/notes/six-early-predictors-of-burnout-in-the-workplace/>