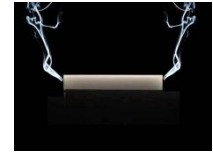


You know you are burned out when ...



Dateline: September, 2011. **Thank you for helping me out big time!** In preparation for my keynote (The Bright Side of Burn Out: How to recognize & fix it!), I asked YOU, my network of amazing women, to finish the sentence: "*You know you are burned out when ...*". I received 100+ replies. (They are still coming!)

Here's a sampling of what you said. FYI: If you'd like to read my 2 part guide to reducing burn out, go to www.wipcoaching.com/blog. (PS: In October, I'll be posting the video from the event. Sign up for my newsletter (www.wipcoaching.com) and I'll send you the special 'subscribers code'!) ~ Camille



You know you are burned out when ...

- I am not able to make my 10yr old do anything that I want him to do
- I begin dropping things all around me - literally and figuratively!
- mindless tv (think Kardashians) rather than a good book soothes me
- I hide out in the hotel room instead of checking out the city or socializing with colleagues
- I don't play tennis (which I love!) and say "I am too tired"
- it's Monday and I'm looking forward to the weekend
- I am too tired and/or wound up to sleep
- I can't remember my best friend's name
- I am avoiding someone because I'm afraid to tell them something
- I start to get these little eye twitches in the muscles around my eyes
- I have conversations with myself out loud
- I suffer from an overwhelming urge to cry walking to my cubicle in the morning
- you use your hair gel as your shaving cream...or vice versa
- you realize you can't remember when you last had a vacation, while you're on the way home from one
- you drive half-way to work...before you realize it's your one day off
- you have eaten the same meal for dinner for the last 5 days...and you don't even care.
- I start snapping at my family
- I waste time web surfing instead of getting work done or doing things I really enjoy, like reading
- I make absent-minded mistakes like putting milk in the cupboard and losing my keys
- I eat lots of unhealthy food
- you're saying "I should" more than "I want"
- you've forgotten the color of your partner's eyes
- you don't realize your roots are shooooowing
- you paid for gas and left without it
- you know the names of all the evening cleaning personnel

You know you are burned out when ...

- you receive notice for next year's symphony/bball/ballet/theatre season and forgot you had season tickets this year
- you know the flight schedule from SFO to someplace other than home better than you know the gym schedule
- you're buying this year's presents when you have last year's xmas/bday gift ready to be wrapped
- you have so much vacation/sick/PTO accrued HR awards you 100% perfect attendance for the last 3 years
- your wardrobe is so dated that the college interns complement you on your 'retro' look
- your dog gets you off the couch, puts a leash on you and takes *you* for a walk
- you walk into your kitchen with a full laundry basket and can't remember why you came in to the kitchen
- the 80+ open Firefox tabs you're working on crash, a month of research is gone and you shrug
- I feel like there is something wrong with me, or with everything, or both usually
- I think I can't do anything right; it is all my fault and I start saying I can't keep up I am so tired
- it's Sunday and you're getting ready to go to work!
- you no longer look forward to going to work and find yourself hitting the snooze button every day, twice.
- procrastination wins out over task completion
- you have a uni-brow
- you can't look at your e-mail inbox without wanting to scream!!
- I honestly believe I am the only person on the planet that can get the [project | task | laundry] done right
- you ask your staff: have you seen the devil wears prada? do I look like her? And they all nod Yes.
- you can't find a \$10,000 check and to have it written again by your board president!
- you are actually looking forward to a root canal because it will at least get you out of the office
- you can't recall your co-worker's name and you've been working with that person for 6 years
- you try calling someone on your cell phone by punching in numbers on your computer
- when a simple question from that coworker that results in you blowing up like Vesuvius
- inappropriate words you are thinking 'absent mindedly' somehow show up in your emails
- you worked long and hard on a letter, and are so tired that you decide there's no need to proof one more time and you hit send only to discover that you sent it to EXACTLY the wrong person.
- you hope your car breaks down on the way to a client
- you get in a yelling stand-off with your cat. (Of course, you know the cat must also be burned out if she stuck around to participate in such a thing.)

From The Bright Side of Burnout:

Remember: You have more important things to do than burn out!