

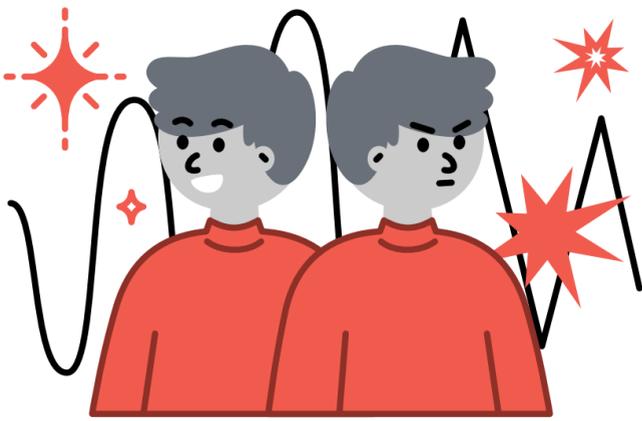


EXPERIENCING BRAIN BURNOUT

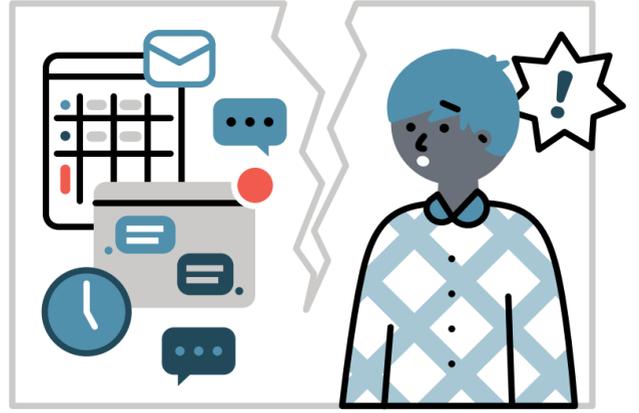
What do symptoms look like for you?

Extroverts

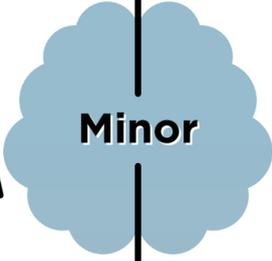
Introverts



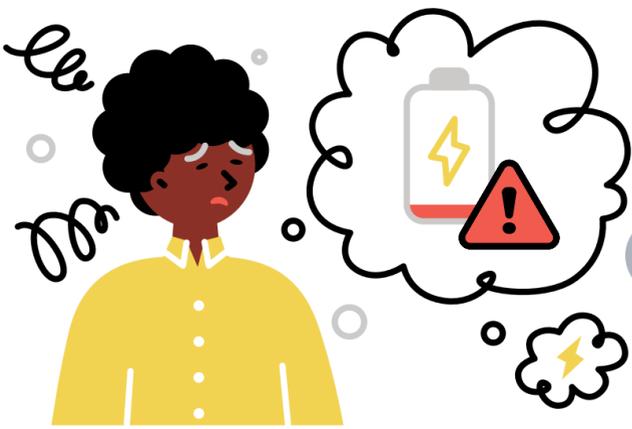
Emotionally erratic or blunted



Slight detachment from life & routine



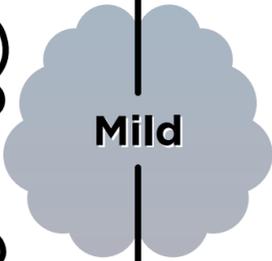
Minor



Excessive tiredness or low energy



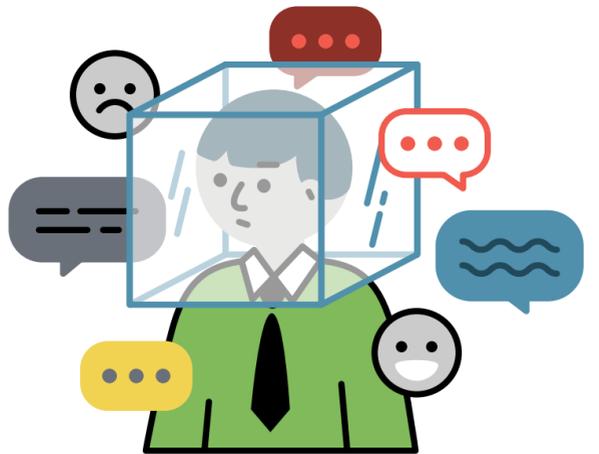
Lack of motivation, creativity, and drive



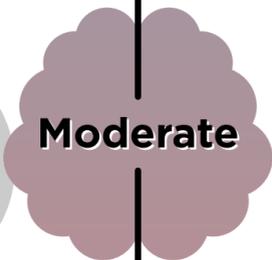
Mild



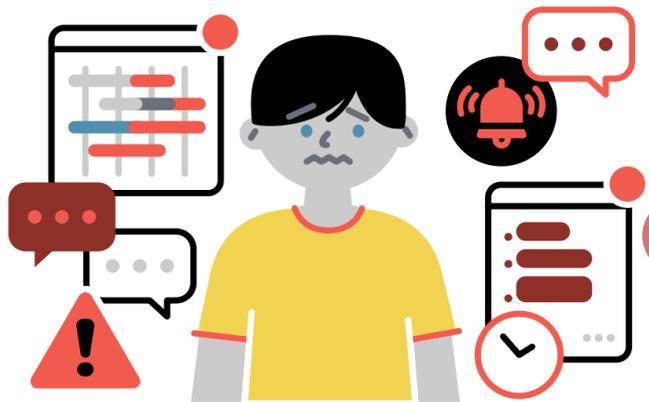
Feeling angry, sad, or overly emotional



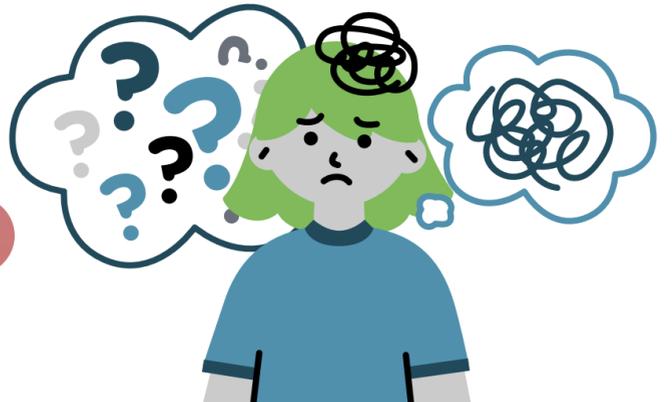
Loss of enthusiasm or feeling withdrawn



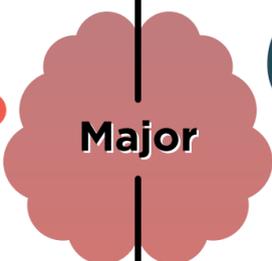
Moderate



Sense of hopelessness, loss of control of life



Feeling helpless, unable to take action



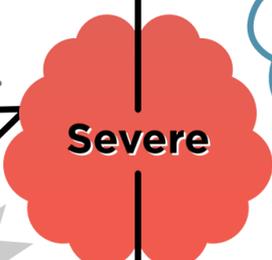
Major



Depression & Anxiety



Depression & Chronic Fatigue



Severe

