

# Burnout The Cost Of Caring

Burnout is a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress. Feb 3, 2026 · Burnout: Being stressed out for an extensive period of time leads to burnout. Learn what causes burnout, what the signs are, and how you can avoid or treat it. Apr 18, 2026 · Feeling exhausted or unmotivated? Discover common burnout symptoms and how to combat them effectively. Jan 27, 2026 · Feeling fatigued, irritable and apathetic? You could be experiencing burnout, which is driven by long periods of stress without time to recover. Feeling burned out at work? Find out what you can do when your job affects your health. Job burnout is a type of stress linked to work. It includes being worn out physically or emotionally. Job ...

*Burnout - Psychology Today*

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[Burnout: Symptoms, Risk Factors, Prevention, Treatment - WebMD](#)  
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## Burnout The Cost Of Caring

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