

FIRE AND RESCUE BURNOUT

Warning Signs



Helpful Resources

Related websites

- www.firefightersforums.com
- www.cfpsa.com
- www.findarticles.com
(search for "firefighters" & "job burnout")
- www.blueprint.bluecrossmn.com

Books/Audio Tapes

- The Heart Behind the Hero
Curt Yoder (Editor)
- Firefighters: Their Lives In Their Own Words by Dennis Smith
- The Body Remembers: The Psychophysiology of Trauma & Trauma Treatment
by Babette Rothschild
- Burnout: The Cost of Caring
by Christina Maslach
- Keeping the Fire: From Burnout to Balance (audiotape) R. Leban

Note: Check your public library, local bookstore or Amazon.com for the above resources.

Important Notice: Information in this flyer is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional. For further questions or help with specific problems or personal concerns contact LifeResources - Member Assistance Program. LifeResources - Member Assistance Program is not responsible for the content of the materials provided on the Internet.

Public service employees, who are constantly in a readiness for duty/stress mode, are at greater risk of experiencing burnout than those in other types of jobs.

Burnout Symptoms:

- Boredom
- Difficulty relaxing
- Feeling overworked
- Feeling underworked
- Constant stress
- Difficulty concentrating
- Low self-esteem
- Withdrawal
- Inability to face the day
- Excessive use of alcohol

Warning Signs of Stress Overload Include:

- Disruption in sleeping habits
- Change in appetite or diet
- Change in mood, such as a loss of optimism or feeling overwhelmed
- Inability to put stress in a long-term perspective or to see the bigger picture
- Increase in anger or irritability

Relieving Stress:

- Maintain a normal routine. This can help you feel more in control of your life.
- Make and keep personal relationships with friends, family and other confidants.
- Make time for things you enjoy.
- Give yourself a break and stay away from things that rile you in times of stress.

LifeResources - Member Assistance Program

1-800-759-8122

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