

BURNOUT: WARNING SIGNS AND TIPS



WHAT IS BURNOUT?

Burnout is classified as feelings of energy depletion, exhaustion, mental distance from one's sport, cynicism and low motivation towards one's sport. It can be a result of overtraining for an extended period of time.

WARNING SIGNS

- Chronic muscle and joint pain
- Weight loss and loss of appetite
- Increased heart rate at rest
- Decreased sports performance
- Fatigue
- Prolonged recovery time
- Lack of enthusiasm
- Frequent illnesses
- Difficulty completing usual routines
- Decreased school performance
- Personality or mood changes
- Increased anger or irritability
- Sleep disturbances (difficulty sleeping, or sleeping without feeling refreshed)

TIPS

- Adequate break from training/competition
- Prioritise rest and quality sleep
- Check in with Dietitian to ensure adequate intake
- Maintain fluids
- Do activities you enjoy!
- Spend some time with friends
- Realign goals
- Talk with someone you trust about how you are going
- Speak with a professional (e.g. performance psychologist) to get strategies and support