

J. Peters & Associates, Inc.

Are You Stressed To The Point Of Burnout?

Check all that apply to you.

- I often procrastinate
- I sleep too much or not enough
- I'm usually exhausted at the end of the day
- I've been withdrawing from my family/friends/coworkers
- I find it hard to make decisions
- I've increased my drinking or use of mood-altering chemicals
- I often question or doubt myself
- I find it hard to control my temper lately
- I cry more than usual
- I feel overwhelmed and impatient
- I have trouble remembering things
- I've been absent or late from work lately
- I often avoid certain people or phone calls
- I view a lot things negatively

**These are all symptoms of burnout.
Free confidential help is available
to you through your
company-sponsored Employee
Assistance Program.**

Jerry Peters
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• DOT/SAP Assessments
• Employee Assistance Programs

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