

# Job Burnout Resources

## Jean M. Heilig

### Books

Huffington, Arianna. *The Sleep Revolution: Transforming Your Life, One Night at a Time*. Harmony, 2016

Kercher, Denny. *I'm Juggling as Fast as I Can: Managing Stress, Avoiding Burnout and Achieving Balance*. Chrysalis Publishing, 2004

Leiter, Michael and Christina Maslach. *Banishing Burnout: Six Strategies for Improving Your Relationship With Work*. Jossey-Bass, 2005

Potter, Beverly A. *Overcoming Job Burnout: How to Renew Enthusiasm for Work*. Ronin Publishing, 2005

Smallwood, Carol and Linda Burkey Wade. *Job Stress and the Librarian: Coping Strategies from the Professionals*. McFarland, 2013

Walker, Mathew. *Why We Sleep : Unlocking the Power of Sleep and Dreams*. Scribner, 2017.

### Videos

"Psychiatrist discusses work burnout and fatigue symptoms" – CBS This Morning

<https://www.youtube.com/watch?v=v62TMMzBv4U>

"Am I Burned-Out or Just Unhappy?"

[https://www.youtube.com/watch?v=yxF\\_w6vayvk](https://www.youtube.com/watch?v=yxF_w6vayvk)

"Dealing with Burnout and Fatigue – how your brain needs fun and passion in your life"—Dr. Dani Gordon MD

<https://www.youtube.com/watch?v=KWTZZNRoKUU>

"If You're Burnt Out – Watch This" – Jay Shetty (author of *Think Like A Monk*)

[https://www.youtube.com/watch?v=Y8\\_utwUorHY](https://www.youtube.com/watch?v=Y8_utwUorHY)

### Articles

6 Causes of Burnout, and How to Avoid Them

<https://hbr.org/2019/07/6-causes-of-burnout-and-how-to-avoid-them>

Avoiding Burnout at Work

<https://www.mindtools.com/pages/article/avoiding-burnout.htm>

Burnout at Work Isn't Just About Exhaustion. It's Also about Loneliness

<https://hbr.org/2017/06/burnout-at-work-isnt-just-about-exhaustion-its-also-about-loneliness>

Burnout Self-Test

[https://www.mindtools.com/pages/article/newTCS\\_08.htm](https://www.mindtools.com/pages/article/newTCS_08.htm)

Employee Burnout is a Problem with the Company, Not the Person

<https://hbr.org/2017/04/employee-burnout-is-a-problem-with-the-company-not-the-person>

How to Tell Your Boss You're Burned Out

<https://hbr.org/2021/01/how-to-tell-your-boss-youre-burned-out>

If You're Burning Out, Carve a New Path

<https://hbr.org/2020/04/if-youre-burning-out-carve-a-new-path>

Job Burnout: How to spot it and take action- Mayo Clinic

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642>

Recovering From Burnout

<https://www.mindtools.com/pages/article/recovering-from-burnout.htm>

Stress Diaries: Identifying Causes of Short-Term Stress.

[https://www.mindtools.com/pages/article/newTCS\\_01.htm](https://www.mindtools.com/pages/article/newTCS_01.htm)

What to Do When Your Heart Isn't in Your Work Anymore

<https://hbr.org/2017/07/what-to-do-when-your-heart-isnt-in-your-work-anymore>



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