

Job Burnout Resources

Books

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

Videos

Avoid Burnout: How to keep employees happy, productive- Tony Schwartz
<https://www.youtube.com/watch?v=Q0KZOktrKBg>

Am I Burned-Out or Just Unhappy?
https://www.youtube.com/watch?v=yxF_w6vayvk

Dealing with Burnout and Fatigue – how your brain needs fun and passion in your life
<https://www.youtube.com/watch?v=KWTZZNRoKUU>

Signs you're headed for a burnout- Huffington Post
<http://live.huffingtonpost.com/r/segment/signs-youre-headed-for-a-burnout/526e98fc02a7603d860006c3>

Articles

Stress Diaries: Identifying Causes of Short-Term Stress.
https://www.mindtools.com/pages/article/newTCS_01.htm

Why You Hate Work
<http://www.nytimes.com/2014/06/01/opinion/sunday/why-you-hate-work.html>

Three Questions to Ask and Answer Every Day: Leading From the Library
<http://lj.libraryjournal.com/2015/12/opinion/leading-from-the-library/three-questions-to-ask-and-answer-every-day-leading-from-the-library/>

Job Burnout: Can it be a Gift?
<http://www.jodymichael.com/job-burnout-can-it-be-a-gift>

Preventing Burnout

<http://www.helpguide.org/articles/stress/preventing-burnout.htm>

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

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

Six Ways to Beat Job Burnout

<http://www.pharmatherapist.com/articles/six-ways-to-beat-job-burnout>

3 tips for Conquering Job Burnout

http://www.huffingtonpost.com/michael-s-broder-phd/work-burnout_b_3863001.html

10 Signs You're Burning Out—And What To Do About It

<http://www.forbes.com/sites/learnvest/2013/04/01/10-signs-youre-burning-out-and-what-to-do-about-it/#1ac00b415e01>

Avoiding Burnout at Work

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

Recovering From Burnout

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

Burnout Self-Test

https://www.mindtools.com/pages/article/newTCS_08.htm

The Tell Tale Signs of Burnout...Do You Have Them?

<https://www.psychologytoday.com/blog/high-octane-women/201311/the-tell-tale-signs-burnout-do-you-have-them>