

How do you know when you've finally reached burnout?

Question: "I'll sometimes have weeks when I feel like I've totally lost my spirit and enthusiasm, only to bounce back the following week when things at work go well. It seems like every time I think I just don't have what it takes to keep going with this job, it was just a phase—but I sure do keep experiencing those phases! What are the signals that I need to move on because the point of real, no-going-back burnout has finally come?" — *Tula, Administrative Assistant of Budget*

See comments below, and send your own question to Admin-Pro@nibm.net.