BURNOUT VS. DEPRESSION:
HOW TO KNOW THE DIFFERENCE BETWEEN BOTH

1. UNDERSTAND WHAT LEADS TO BURNOUT

To truly understand how to know how to deal with burnout, we should focus on a few key points:

- Emotional exhaustion
- Encompassing mental and physical depletion
- Diminished personal accomplishment
- Low retention of mental, emotional, and physical energy

2. KNOW THE CIRCUMSTANCES THAT LEAD TO DEPRESSION

Depression is often caused by a combination of factors that can lead to feelings of sadness and hopelessness.

- Financial stress
- Medical issues
- Life events
- Family issues

3. EVALUATE YOUR TRIGGERS

One of the defining differences between burnout and depression is that burnout is a result of chronic stressors, while depression is often triggered by acute life events.

- Stress management
- Time management
- Exercise
- Healthy diet

4. TRY OUT SELF-CARE AND COPING TECHNIQUES

When you're feeling overwhelmed, try the following self-care and coping strategies to help manage your stress:

- Mindfulness meditation
- Deep breathing exercises
- Physical activity
- Journaling

5. CONSULT A Psychiatrist and Psychotherapist

If burnout or depression is affecting your life, consulting with a professional can be beneficial.

- Professional advice
- Supportive relationships
- Coping strategies

6. UNDERSTAND THE CAVES OF BURNOUT VS. DEPRESSION TRIGGERS

Major depressive disorder (MDD) is a type of depression that affects how a person feels and behaves. It can cause a person to feel extremely sad and hopeless and make it hard to enjoy the things they once did.

- MDD triggers
- Stress
- Lack of sleep
- Poor nutrition
- Poor physical health

Burnout is a type of fatigue that can occur when someone is not able to attend to their own needs. It can occur when someone is not able to attend to their own needs.

- Burnout triggers
- Overwork
- Lack of support
- Unhealthy work-life balance

7. MAJOR DEPRESSIVE DISORDER TRIGGERS

- Financial stress
- Medical issues
- Life events
- Family issues

8. BURNOUT TRIGGERS

- Financial stress
- Medical issues
- Life events
- Family issues