



COPING WITH MENTAL EXHAUSTION NLC WEBINAR April 23, 2020

To assess if you are emotionally exhausted, check all the following statements that are often true for you lately: one or more checks contribute to emotional exhaustion.

Assessing Mental Exhaustion

1. I smile less frequently than I used to, even in situations I typically would find funny.
2. My senses seem dulled, so food tastes flat, music does not move me, back rubs give me no pleasure, and I reach for black or grey clothes.
3. I cannot sleep. Either I cannot fall asleep, stay asleep, or all I want to do is sleep.
4. Socializing is difficult. When I am with friends or family, I feel disconnected and have a hard time paying attention to what they say.
5. I get startled easily by voices, noises, or movement. I feel jumpy and jittery.
6. I am more irritable than I used to be, especially with friends, family members, online, and on the phone.
7. My anxiety level is higher than usual, and crowds and traffic make me feel claustrophobic.
8. I cry more easily, particularly during movies, sad news reports, sentimental stories and even shows with happy endings.

If you are experiencing any of these reactions to stress, you are probably emotionally exhausted, and the webinar will be a relief as you will learn of new coping skills to help you manage mental exhaustion.