

# Burnout in Alabama EMS

Is it what we think it is?

**Ask the question**

**How bad is it?**

**Understand the  
issue**

**What is it?**

**Get a grip on the  
situation**

**Let's be Real**

**Do something  
about it**

**Let it out**





# What is Burnout?

- I. exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration – “Burnout.” Merriam-Webster.com Dictionary, Merriam-Webster, <https://www.merriam-webster.com/dictionary/burnout>. Accessed 15 May. 2023.
- Burnout is a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress. – Psychology Today



# What about you?





