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**CASE VIGNETTE**  
**Self care**



- A young counsellor has just returned to work after taking time off to care for her elderly mother. For financial reasons she needs to work full-time however, she has been having difficulties with her mother's home care arrangements, causing her to miss a number of team meetings and to leave work early.
- There has been a recent increase in her work load and she is not able to eat on time. At times, she does not feel like eating and has difficulty concentrating.
- In one of the cases, family members of the client started yelling at her. The supervisor called the counsellor and asked her to be cautious from now on.



- The counsellor didn't feel confident about herself and was guarded in the future cases. In addition to taking frequent leaves and avoiding them, her colleagues noticed that her competency level was dropping.
- She complains about headaches and body aches since she hasn't been getting enough sleep.
- She is not interested in attending any gatherings. One of her female colleagues made comments such as “some people just come here and take salary”, and is putting her under even additional stress. Sometimes works extra hour but still there is a lot of backlog in her workplace.



## Questions

1. What are the burnout symptoms you notice?
2. Have you encountered similar situation in your professional life? How did you deal with it?
3. How can we deal with burnout in different ways?