Differences between Stress and Burnout

	Stress	***Burnout***
The basis of the experience	Stress is usually the result of the body and mind attempting to respond to a large number of situational stimuli. It is an overuse of our responding capacity.	Burnout is usually the outcome of overuse of our listening and caring capacity. It is often the attempt to meet and respond to the needs of people.
Type of overload	Too much change, transition, pressure, load. A high level of activity	Too many needy people and situations. Too much responsibility
Implications of overload	Loss of perception and loss of options Overload, tension, torsion	Physical and emotional exhaustion Vicarious traumatisation
Outcome of the experience	Regression to simple coping behaviours, being locked into destructive processes, fatigue, depression, physical illness.	Burnout is often characterised by cynicism, disillusionment, and often self-deprecation.
Addressing the experience	Slow down, remove stressors, adjust expectations, change lifestyle, increase coping strategies	Debrief, disconnect and retreat, carefully re-build emotional reserves, develop supportive relationships