Twitter Thread by THE JANITOR



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@jevakallio

This is me, 2010. I still remember the night of this tweet. The internal logic of it was so clear then.

Two years later, I was burnt out, depressed and too sick to work.

You are not your job. Take breaks. Listen to your body. If you feel worn out, talk to people around you ♥■

> Leaving work. Now a quick dinner and then back to work! If this project fails, it won't be because of me, that's for fucking sure! #sisu
>
> — THE JANITOR (@jevakallio) November 11, 2010

Some (but not all) signs you might be burning out:

- you're tired
- you're angry
- you've lost the passion
- you can't sleep
- you can't focus
- you're unproductive
- you're procrastinating
- you're self-medicating
- you're working harder for diminishing returns

I didn't know about these symptoms (or I was in denial), so I went down the deep end.

I KNEW when I was listening to Radiohead leaving work late at night, and I spontaneous burst out crying to the lyric:

I've given all I've got
But it's not enough
But we're still on the payroll

So let's say you're at this point, or on the way there?

Please seek for help. You will need to change things drastically.

First you need rest so you have the power to change things. Your environment has become toxic to you (no matter now nice it once was). Take a break.

Once you are rested enough that your mind can start seeing things for what they are, you need to change your relationship with work, otherwise you'll end up where you started.

I haven't mastered this yet. I'm wiser now, but still slip to my old bullshit sometimes.

■ And finally, be kind to yourself and don't blame yourself. It might be hard to see how things will ever get better, but they will.

Take care of each other. If you see your co-workers or friends at risk of burning out, please try to help them ♥■