# Article information:

Workplace Burnout: Causes, Effects, and Solutions
<https://www.wgu.edu/blog/workplace-burnout-causes-effects-solutions1906.html>

# Article summary:

1. Job burnout is a specific work-related chronic stress that leads to job dissatisfaction and loss of personal happiness.

2. Common factors that can lead to job burnout include feeling of little control, being unsure about expectations, poor work culture, lack of work-life balance, and high engagement with work.

3. Negative consequences of workplace burnout include physical health issues, mental health issues, personal consequences, and professional consequences.

# Article rating:

Appears well balanced: The article presents the information in a reliable and balanced way, without biases and prejudices. The claims made in the article are well supported and, where applicable, all sides of the argument are given opportunity to present their point of view. The article appears trustworthy and reliable.

# Article analysis:

The article provides an overview of workplace burnout and its causes, effects, and solutions. The article is written in a clear and concise manner which makes it easy to understand for readers. The article also provides some useful tips on how to prevent workplace burnout such as increasing belief in oneself, having creative outlets, and practicing self-care.

The article does not appear to be biased or one-sided as it presents both sides of the issue fairly by providing information on both the causes and effects of workplace burnout as well as potential solutions for dealing with it. Furthermore, the article does not make any unsupported claims or omit any points of consideration; instead it provides evidence for each claim made throughout the text. Additionally, all possible risks associated with workplace burnout are noted in the article which adds to its credibility.

In conclusion, this article appears to be reliable and trustworthy due to its balanced approach towards presenting both sides of the issue fairly without making any unsupported claims or omitting any points of consideration.

# Topics for further research:

* Workplace burnout prevention strategies
* Workplace burnout symptoms
* Workplace burnout and mental health
* Workplace burnout and job performance
* Workplace burnout and stress management
* Workplace burnout and employee engagement

# Report location:

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