# Article information:

You Quit Your Job, but You’re Still Miserable. Now What? - The New York Times
<https://www.nytimes.com/2023/01/23/business/quitting-burnout-miserable-reasons.html>

# Article summary:

1. Sam Palmer-Simon quit his job after feeling burned out and underpaid, but found himself unable to move forward without the structure of work.

2. Experts advise taking a closer look at what parts of unhappiness are related to work and what parts aren't before quitting impulsively.

3. Setting boundaries and creating new routines can help mitigate stress and prevent burnout from recurring in a new job.

# 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 “You Quit Your Job, but You’re Still Miserable. Now What?” is generally reliable and trustworthy, as it provides insights from experts on how to deal with feelings of burnout after quitting a job. The article is well-written and provides an interesting narrative about Sam Palmer-Simon's experience with burnout, which serves as an example for readers who may be struggling with similar issues. The article also offers practical advice from experts on how to address these issues, such as setting boundaries and creating new routines to mitigate stress.

The article does not appear to have any major biases or one-sided reporting; it presents both sides of the issue fairly by providing advice from experts on how to address feelings of burnout after quitting a job, while also acknowledging that changing jobs may not always solve the problem if underlying issues are not addressed first. The article also does not contain any unsupported claims or missing points of consideration; all claims made are supported by evidence from experts in the field, and all relevant points are discussed in detail. Additionally, there is no promotional content or partiality present in the article; it simply provides factual information about dealing with burnout after quitting a job without promoting any particular product or service. Finally, possible risks associated with quitting a job are noted throughout the article, making it clear that this decision should not be taken lightly.

In conclusion, this article is generally reliable and trustworthy due to its lack of bias or one-sided reporting, its inclusion of evidence for all claims made, its discussion of all relevant points of consideration, its absence of promotional content or partiality, and its acknowledgement of potential risks associated with quitting a job.

# Topics for further research:

* Coping with burnout after quitting a job
* Strategies for managing stress after job loss
* Mental health support for job seekers
* Long-term effects of job burnout
* Benefits of setting boundaries in the workplace
* Finding a new job after burnout

# Report location:

<https://www.fullpicture.app/item/f40eb172b8cb7762a3ece141a1d79f25>