

# How to Spot Lawyer Burnout – 5 Core Signs

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We live in a society that demands our full attention almost all the time. Between technological advancements, a growing client list, and endless distractions, it's easy to experience burnout.

Lawyers are especially susceptible to feeling burned out. Practicing law can be an unforgiving career. Lawyers work long hours, they have to deal with clients who may be very demanding, they have to attend stressful court cases, and they have to deal with defeat.

As you might expect, those factors can easily make a lawyer feel like they have nothing left to give.

But burnout doesn't happen overnight. Typically, it's a process that takes quite a while, until you've reached your breaking point. Therefore, if you are a lawyer, it's important you recognize some of the core signs of burnout so you can slow down and recharge.

## 1. You're Exhausted All The Time

Fatigue and exhaustion are the most notable signs of lawyer burnout. If it seems no matter how much sleep you get, or even after a day off you're still completely exhausted, you simply could be burnt out.

Keep in mind that this is different from sleep deprivation. That isn't to say you're getting enough sleep. But, if sleep doesn't fix the problem, you could be dealing with something deeper.

## 2. You're Disengaged And Unmotivated

It's not uncommon for lawyers who are overworked to start questioning if what they're doing is really making a difference or if it matters. This can be especially true if you've lost several cases in a row or you're involved in causes that aren't meaningful to you.

If you feel disconnected from your work and unmotivated to continue on with your workload, you could be struggling with the effects of burnout.

### 3. You Have A Short Attention Span

Lawyers have to pay close attention to detail when they're working on a case or with a client. Overlooking even the smallest thing could be costly. Hence, a lawyer with a short attention span certainly isn't a good thing!

Have you found yourself daydreaming or getting distracted while you're working? When you're unable to concentrate on your duties, it could be because you're longing to be somewhere else so you can get away from the overwhelm you're feeling at your job.

### 4. You're Not Making Progress

Lawyers who experience burnout typically put in a lot of work, only to experience frustrating results. If you're putting everything you have into a particular client, case, or even your entire caseload, it can be incredibly defeating when things don't go the way you expected.

If you feel like you're not making progress with your cases or clients, or you're not gaining any recognition for the work you're doing, you may start to feel like you can't do it anymore.

## 5. Physical Clues

These core signs aren't exclusive to every lawyer who might be experiencing burnout. Everyone is different and will respond to their particular situation differently.

Some lawyers experience physical symptoms, including:

- Headaches
- Chest pains
- Insomnia
- Nausea/stomach issues

Thankfully, there are things you can do to prevent burnout and feel more motivated about your profession. The most important thing is to find meaning in what you do. If you don't find your work meaningful, you'll be less motivated to get it done.

You don't have to be perfect in every area of your career. If you can find the "good" in what you're doing, you're less likely to become overwhelmed by your workload.

## When It's Time To Get Out Of Law

Maybe one day, ten or so years into your career, you wake up, burned out, and say, "Why am I doing this work?" It might be time to examine whether law is really your passion.

Sometimes, lawyers have made the decision to enter the legal profession out of pressure from their parents or because they thought the degree would be "useful." In fact, they wanted to be a writer or a business consultant. This is a good time to get some help in figuring out what you really want for your future.

## Finding Help

If you already feel as though you're experiencing some of the signs of burnout, it's not too late to seek out help. Contact me with any questions you may have.

Admitting you're struggling is a great first step, but dealing with the effects of burnout and learning how to manage it or knowing when you've had enough of law will help you to find more fulfillment in your career while taking care of yourself.

[For more information on lawyer stress click here.](#)