

Forum:[Hack Forums](#)

Thread: [Have u ever experienced a burnout?](#)

FrostMost - October 14, 2025, 8:23 am

With this many successful people here I am sure many of u have experienced it. why did it happen? what pissed u off? How long it took u to come back aboard? what motivated u again? Would love to know ur interesting stories
???

plops - October 14, 2025, 9:37 am

Hell yeah man. Im on about 2 years of burn out at my current job. Its all the little things that add up. People taling shit too serious. People feeling so competitive in my role that they try to sabotage you to get you fired. It goes deeper than this though.

Only way out is keep on sending applications and hope i can slip out into a new industry and also keep hoping my project takes off to support my family.

Jamika - October 14, 2025, 9:51 am

Yup , years ago , boiled water fall on my leg , but was small burn , not serious one

Phantom_NiNja - October 14, 2025, 10:52 am

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This is like everywhere. I worked at an urgent care and this was the whole environment. I worked with people that went to school to be nurse, PA, doctor, etc. They all were dumb as hell. They would make mistakes and then since they know I didn't go to college or wasn't in college going for something medical they would tell management that it was me. The problem is that each clinic has their own manager. So, I worked at 2 locations. One was an old man and he wasn't bad compared to the woman at the other clinic.

most jobs I had was just like you said, they would do stuff behind your bad and talk bad about you behind your back. I feel it's common practice now and you just have to accept it.

In most of my jobs I had to deal with burn out. I worked 2 weeks straight and this was thrown at me last minute. Like I did my 1st week of work and then I had one day off and the problem is that on my last day of work on the 1st week of the month. My boss comes to me nd says before I clock out I need you to work 2 weeks. I was like ok fine but asked when. That one day I had off. I couldnt do nothing I was having a breakdown because before this the most I did was doin one whole week and that was too much. This was the first time doin 2 weeks. however, In that job I had to do this 2 times and it's due to the high turn over rate. People were quitting and most won't even tell us and is why they just threw me in. Most didn't give their two weeks notice.

So, my schedule would always be modified.

I experienced that burn out alot. What about you op?

Joel - October 14, 2025, 11:15 am

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Most of the issues I have had at jobs are with women, I don't know what it is, but it's like they have this built-in necessity to be as bitchy as possible, like they literally HAVE TO or they'll fucking combust or something.

FrostMost - October 14, 2025, 12:19 pm

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Man shitty colleagues are one thing but having shitty boss is literally overkill. But really the fields that u worked in kinda added salt to wounds lg. 1 Person I know works at the clinic and that talking bad behind ur back and badmouthing shit happens a lot there. Not to mention in the urgent care where the stress would be peak compared to other medical roles. The nerves would just explode. I am not eligible to work yet so tbh so I wouldn't know better about work burnout but after reading this post I

kinda get the whole picture???

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I think it is anxiety?? Like not able to communicate with women properly. I am not badmouthing u btw I am also in the same boat?. But really were all the women u worked with were as bad or there were at least exceptions cuz how u r putting it rn makes me believe there are no exceptions ???

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what exactly was the cause of the burnout. Like was it colleagues or just work overall? But Is this shit that serious that u have to get into a new industry? Thats quite brave tbh. wish u luck???

plops - October 14, 2025, 12:49 pm

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Ha man no, the drama is just a part of it. Not what is driving to change industries. The drama adds to it and 99% of the time it is women that are doing it like mentioned above.

The industry change is something I've been working on for a while. I'd rather wrap up the later half of my life in something fulfilling, even slightly.

That's most of the burn though, I got myself wrapped up in a job that pays great over time but it was lazy and I did not refine any real skills.

Eran - October 14, 2025, 1:04 pm

Experiencing one for a while now and it's not the typical burnout where you work too much and you hit a wall. It's more of a mental burnout for me due to living in survival mode for so long.

Joel - October 14, 2025, 4:13 pm

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It's not me communicating with them being the problem, I don't understand the anxiety comment lol, I get along with them fine, but they are complete bitches that non-stop bad mouth everyone. Doesn't even matter what job I have been at it's been 100% of the women I am friends with or talk too at the job.

It's mainly women bitching about other women, although I did leave my last job because a girl wasn't doing her job properly and I was picking up after her 24/7, but I don't think her being a woman is the reason she was a lazy shit, but bitchyness is 100% more common with women/girls.

Deany - October 14, 2025, 6:10 pm

Yes you can become burnt out with anything...

Oh_Well - October 15, 2025, 12:36 am

When I get burnt out, I tend to shutdown, but it might take a while to recover.

So I'm trying to understand the signs before it happens so I can adjust and avoid it.

For example, do I feel I'm always on rush? Do I feel like I don't have enough time to do anything? Do I feel like I always think about responsibilities and don't enjoy my free time?

If I notice some of the above, I take a step back and ask why is this happening and how do I avoid it.

It helps me a lot

RangoWorld - October 15, 2025, 8:09 am

I have experienced what I call small burnouts. I'm out for like a week.

My brain stops processing information as quickly as it does and I become more sensitive.

Solution I think is to ground yourself, go into nature, spend time doing things you love and playing your favorite hobbies. I'm still figuring out.

Phantom_NiNja - October 15, 2025, 6:03 pm

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I agree with him if you work at any place with women they love drama. They will start crap out of nowhere. Men are not like that.

Where I worked it was mostly the women that always had issues. The work and the drama from co-workers causes burn out. However, for me it was not having a consistent schedule. Like I mean every month I would have to work with random people and sometimes at different clinics. You might know how to do the job but in other clinics the people do things a little differently and put things in different places. So, if you have to open up and don't know where everything is at you will be slow and the patients would get really pissed with you.

JoshAllen - October 15, 2025, 8:32 pm

All the time. I feel I have to make major life changes every couple years or I can't move forward.

DAL-SHA - October 16, 2025, 4:58 am

(Oct 14, 2025 09:37 AM)plops Wrote: [\[CITE\]](#) Hell yeah man. Im on about 2 years of burn out at my current job. Its all the little things that add up. People taling shit too serious. People feeling so competitive in my role that they try to sabotage you to get you fired. It goes deeper than this though.

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best of luck sir ! i hope u find that spark for your inner fire so u can enjoy the ride / grind and go into a better place financially and all u want ??

sharn - October 19, 2025, 10:51 am

No, I have not reached that point.

I take breaks when I need them.