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“IF YOU FEEL SOMETHING, SAY SOMETHING”

Dr. Vito’s Corner

Confidential Internet/Telephone Mental Health Response Service for NYC Probation
Officers

A Series on Stress and Work Related Burnout

Dear PO’s

Let me first say that it was a pleasure meeting with many of you during our introductory sessions. So far a few officers have reached out for assistance, which has given us the opportunity to get this program going. In an effort to continue to reach out to all of you, I am doing a series on work related stress and what is often called, **“BURNOUT.”** Stress and burnout usually result in symptoms associated with depression and anxiety, which may include some of the following:

- Loss of interest or pleasure in activities that were once enjoyed
- Difficulty concentrating, remembering or making decisions
- Restlessness, irritability
- Appetite and/or weight loss, or overeating and weight gain
- Insomnia, early morning awakening or oversleeping
- Sadness, feelings of worthlessness, guilt
- Thoughts of death, thoughts of suicide
- Fatigue
- Persistent physical symptoms such as headaches, digestive disorders, chronic pain
- Diminished job performance
- Absenteeism

Burnout appears to be increasing, especially in service fields such as probation, with long working hours, increased case loads, and pressures to balance family, work and something that resembles a social life. Unfortunately we are often unaware of these stressors until we fall victim to the symptoms mentioned above. The first step is to determine if you are at risk! Please take several minutes to fill out the **attached Work Stress Test**, and e-mail your results back to me with your contact information. I will score the results personally and let you know what your risk level is along with recommendations if needed. This process is free to you and completely private and confidential.

Thank you,
Vito Guarnaccia, Ph.D.

20. Sometimes I don't really care what happens to my probationers.	-	-	-	-	-	-	-
21. I grind my teeth at night.	-	-	-	-	-	-	-
22. I find my work to be emotionally exhausting.	-	-	-	-	-	-	-
23. I have difficulty empathizing with my probationers and understanding how they feel.	-	-	-	-	-	-	-
24. I experience bouts of shortness of breath.	-	-	-	-	-	-	-
25. Just the idea of working with people all day long makes me feel apprehensive.	-	-	-	-	-	-	-
26. I feel energetic.	-	-	-	-	-	-	-
27. I have a tendency to catch a lot of colds or take a long time to recover from them.	-	-	-	-	-	-	-
28. I care about the quality of my work.	-	-	-	-	-	-	-
29. I think I work way too much.	-	-	-	-	-	-	-
30. During the day I encounter periods where I feel like crying.	-	-	-	-	-	-	-
31. My work brings me satisfaction.	-	-	-	-	-	-	-
32. I notice that my weight is changing	-	-	-	-	-	-	-
33. I view my probationers as complex human beings.	-	-	-	-	-	-	-
34. I have higher blood pressure than usual	-	-	-	-	-	-	-
35. I have difficulty providing personalized service to my probationers.	-	-	-	-	-	-	-
36. I have gastrointestinal difficulties (e.g. ulcers).	-	-	-	-	-	-	-
37. I find joy in my work.	-	-	-	-	-	-	-
38. The work I do drains all my emotional energy.	-	-	-	-	-	-	-
39. I feel overwhelmed by the amount of work that is expected of me.	-	-	-	-	-	-	-
40. I feel others have unrealistic expectations of my job performance.	-	-	-	-	-	-	-
41. I have enough energy to do my job properly.	-	-	-	-	-	-	-
42. I tire easily at work.	-	-	-	-	-	-	-