

## Mental exhaustion

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knew that he ... .. A state of emotional exhaustion because of his Maitard capita has attendant pressure for a long period of time than have a negative impact in each of the psychological, physiological, mental, social and Trira know ..... As a psychological state affects the individual fatigue and fatigue as a result of the presence of additional burdens and requirements with the individual feels that he is not capable of adaptation and endurance, which is reflected by the negative "as well as to deal with the And is defined as the energy depletion as a result of exposure to excess pressure. Abdul Muti and know ..... As a psychological state associated with the individual as a result of its interaction with an environmental pressure situations and individuals in dealing with them, which leads to the depletion of emotional energy and the ability of sexual

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### Levels of emotional exhaustion

The first level: - a moderate burnout myself: it results from repeated bouts of fatigue Wa

Become stress and fatigue psychological of the main problems experienced by workers at the present time, including nurses, so the time came to the attention of management in modern organizations the guiding role of resistance to overheating psychological () for that is overheating psychological psychological condition inherent in the individual, as a result of individual interaction with the positions pressing, pushing the individual to depletion of energy reserves, including physical and emotional fatigue my mind ()

The resulting exhaustion and distress of individuals as a result of many sources of frustration resulting from the failure to satisfy a need is, family problems, problems with peers and friends, move the family from place to place, date psychological, exposure to severe punishment and the threat, administrative complexities and the difficulty of entertainment, change social activities, estimate the the individual to the same need for low social approbation, academic and social problems, excessive workload, lack of cognitive efficiency ..... Etc. ().

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Psychological exhaustion and passes through three stages, namely: -

1 - the stage of alarm and alarm Alarm: -

And where raising the body where attention begins at risk and threatens the individual brain (rational) near its carrying capacity has gradually "appear hormonal responses of the individual feels high blood pressure and mental stress and respiratory rate ().

2 - the response phase of the warning and Resistance: -

Where the individual perceives the danger and trying to adapt in several ways, including converting the job to one of the workers, and take a vacation, and the failure of the individual in the adaptation will be to enter the third phase.

3 - phase overheating Burnout: -

Where the individual has failed to adapt to these pressures, which makes the energy

sap, speaking responses satisfactory physical and mental suffering and get heart disease, this stage of the most dangerous stages where it is possible that accompanies the individual clot in the brain leaves the work permanently, "disturbed relationship with the environment of family, but would be a burden "the State where the product is shifting from individual to individual parasites ()

Exhaustion and psychological levels to him, he said.

Psychological exhaustion that has three levels: -

Concern and frustration.

The second level - the average attrition myself: Here, results from the same sources of the previous level, but continue for a longer period with the inability to respond effectively.

The third level - severe psychological burnout: results in some aspects, such as Alkhmnah Lafrah, and chronic headaches and severe chronic back pain.