

ENGINEERING BURNOUT



**By Jason Bailey, PE,
All County &
Associates**

When I started my career back in 2007, I was young and energetic. I was unfortunately squashed by the Great Recession. So, I moved into the regulatory world. Shortly after, I realized you could not live on that wage and moved into sales for a manufacturer. After tackling the profession for a decade, the pandemic made me reconsider the future and I headed back to civil engineering.

I realized a lot of my colleagues came and went. I remember a friend leaving the engineering world to buy a tire service company and work the farm. How can that be easier than being an engineer? I remember saying to him, are you bored? His answer was quick, simple, and astonishing — he was burnt out. Flash forward to today and I am realizing how he got there in such a short period after starting his career.

See engineering, like a lot of professional services, is fast-paced and demanding. You have many simultaneous projects, tight deadlines, tighter budgets, and client requirements (sometime unrealistic). But Covid has made these elements blur together quicker as a life outside your window is on hold. A recent publication by Morrissey Goodale hit this home for me.



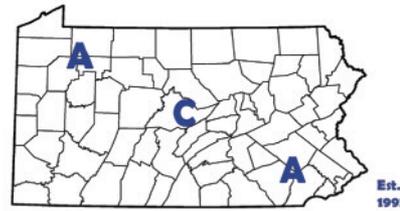
A survey by Robert Half in October found that more than one-third of people reported increased burnout. This value was higher in women, workers between 25 and 40, and senior managers. With 47 percent of the latter reporting being on the brink of burnout. We have to point to the lack of getting away. Monster.com found that 59 percent of workers are taking less time for themselves and 42 percent are planning no time at all.

So, as we move forward in 2021, hopefully we can start to find some positive news and return to getting outside our four walls. Covid brought a year full of disappointment, stress and uncertainty. The start of a new year brings new hopes and expectations. Maybe this year, though it may be late in the year, we will be able to take a trip, enjoy our favorite vacation spots, and get back to enjoying our families around the holidays. But in the end, we cannot be afraid to just say that you need to take a day here or there to just sit around, relax and take a moment for our minds to rest.

About the Author: Jason Bailey, PE is the General Manager of All County and Associates, Inc., a civil engineering firm based in Pottstown, Pennsylvania. He leads the Civil Engineering team who prides themselves on "Helping You Make Informed Decisions." He runs a bi-weekly blog series on their website at <https://all-county-assoc.com/category/news-events/>. If you have a project or questions, All County and Associates can be reached 610.469.3830.

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