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BY ALEXANDER CLARK & BAILEY SOUSA | MAR 21 2022

Feeling totally done?

workaholic does not predict or indicate burnout. What's more telling is if your overwork is actually a means to avoid reflection on your own difficult emotions about your work or life.

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We encourage

Alex is the dean of health disciplines at Athabasca University. Bailey is on secondment to the ministry of advanced education for the government of Alberta, from the University of Alberta. They are both founders of [The Effective, Successful, Happy Academic](#), and the authors of "How to Be a Happy Academic" (Sage: London, 2018), they share a passion for effectiveness and aspiration in academic work.