

Check Yourself for Burnout

Instructions:

For each question, check the box in the column that most applies. Then add up your score and check your result using the scoring table.

	1 Not at All	2 Rarely	3 Sometimes	4 Often	5 Very Often
I feel run down and drained of physical or emotional energy.					
I have strong negative thoughts about my job.					
I am harder and less sympathetic with people than perhaps they deserve.					
I am easily irritated by small problems, or by my team.					
I feel misunderstood or unappreciated by others.					
I feel like my work responsibilities are unrealistic and I wish I had more support.					
I feel that I am achieving less than I should.					
I am under an unpleasant level of pressure.					
I feel that I am not getting what I want out of my work and I am in the wrong place or the wrong career					
I dread some items on my calendar and put them off as long as possible.					
I find myself with insufficient time to do things I really enjoy.					
I have difficulty falling asleep because I have too much on my mind.					
I have trouble getting out of bed in the morning because I am dreading the day.					
I feel overwhelmed by the amount of work I have to do.					
I find myself becoming forgetful or indecisive, or have trouble concentrating because I have too much on my mind.					
I find that I do not have time to plan ahead as much as I would like to.					
I find that I just don't care about many things anymore.					

Total = _____

Score Interpretation

Score	Comment
17-22	No sign of burnout here.
23-35	Little sign of burnout here, unless some factors are particularly severe.
36-50	Be careful – you may be at risk of burnout, particularly if several scores are high.
51-65	You are at risk of burnout if you do not take steps to do something about this.
66-85	You are at severe risk of burnout – take preventative action now.

- Connect with people

- _____
- _____
- _____

- Reframe your work

- _____
- _____
- _____

- I LOVE my job because:

- _____
- _____
- _____
- _____
- _____

- I can make my job even better by:

- _____
- _____
- _____

- Set boundaries

- _____
- _____
- _____

- Do the small things

- _____
- _____
- _____

