

Are you showing signs of burnout?

.....
NAME

.....
DATE

For each statement that sounds familiar, and like something that you experience relatively often, tick the box.

At the end of the quiz, you'll get a score.

Sleep, fatigue, and energy levels

- Trouble falling asleep or staying asleep
- Poor quality sleep (e.g., restless, wake up often)
- Tired... so, so tired; run down and drained
- Wired... can't sleep! Running on an invisible hamster wheel!
- Rely on caffeine for alertness through the day (e.g., coffee, black tea, energy drinks, caffeine tablets, etc.)
- Body feels heavy or sluggish

Physical symptoms

- Heart palpitations, racing heart
- Tightness in chest or trouble breathing
- Stomach upset, digestive issues (e.g., heartburn, gas, irritable bowel, etc.)
- Headaches, migraines
- Poor immunity — you seem to get every bug going around or just feel kind of “off” much of the time
- Jaw pain / tightness or tooth grinding (or dentist notices signs of it)
- Jumpy, startle easily
- Chronic aches and pains (e.g., muscle aches, inflamed joints, back or neck pain, etc.)
- Irregular, painful, and/or absent menstrual cycles (if you have a uterus and would typically be menstruating)
- Feeling spaced-out or dizzy
- Hunger and food cravings; emotional eating
- Lack of appetite
- Poor recovery — takes longer to recover from workouts, injuries don't heal as well, seems hard to bounce back
- Inflamed (e.g., flare-ups of allergies, skin issues, joint pain, sinusitis, etc.)
- Hair falling out

Are you showing signs of burnout? (cont'd)

Cognitive / mental symptoms

- Forgetful or often worry about forgetting things
- Hard to concentrate or focus
- Feel anxious and/or worry a lot
- Feel overwhelmed, and/or frazzled — so much to do / juggle!
- Procrastinate and/or avoid tasks
- Hard to prioritize tasks or choose what is important to do next

One or more of these thoughts seem familiar:

- “My clients are the problem. They’re so unmotivated / stubborn / lazy / crazy.”
- “My boss / workplace is the problem.”
- “Everything around me is broken. Nothing works right. I hate ____.”
- “This is all out of my control. So many things need to be fixed, but it’s not my job to do it.”
- “I just keep trying and trying, but it’s like being on a hamster wheel. I never get anywhere.”
- “I’m fine. This is fine. It’s all fine. I’ll just handle it like I always handle it. Fine. Fine. I’m totally fine.”
- “AAAAAAAAAAAAHHHHH!!!!”

Emotional symptoms

- Feel “blank”, emotionless, numb
- Feel sad or “down”
- Feel trapped and stuck, out of options
- Feel pessimistic, discouraged, hopeless, “what’s the point”
- Feel resentful, irritable, short-tempered
- Feel chronically frustrated; everything around you sucks and people are jerks
- Feel disconnected, alienated, alone
- Feel like nobody recognizes or appreciates you and/or your work
- Feels like nothing you do or are is good enough
- Seems like nearly every day is a hard day
- Feels like you need something to cope (e.g., drugs, alcohol, eating/not eating, shopping, etc.)
- Often focused on your shortcomings (e.g., not fit enough, not good enough, not smart enough, not organized enough, etc.)
- Feel out of control
- Trying very hard to control other things — like your body, other people, your routine, etc. — but it feels like you’re failing

Are you showing signs of burnout? (cont'd)

Relationship symptoms

- Can't relate to or connect with other people, such as family, friends, coworkers, clients, etc.
- Avoid others (e.g., procrastinate on contacting clients, keep office door other people, such as family, friends, coworkers, clients, etc.)
- Feel like you can't depend on or trust other people (they screw things up, let you down, etc.)
- Active conflicts with others at work, home, school, etc.

Total score _____

Understanding your score

Important: This is not a clinical diagnostic test.

In general, the more signs that you experience, the more likely you are to be on the road to burnout.

If you're noticing more than a few of the above, even if it doesn't feel like a "big deal", consider consulting a health care professional.

Score: 3 or less

Sounds like you're doing all right. You may have an occasional bad day at work, but nothing chronic.

Score: 4 to 8

Hmm. Maybe pay attention to small things before they become bigger things. Consider consulting a qualified mental health professional, even just for a chat.

Score: 9 to 13

Be careful: You may be at risk of burnout, particularly if you feel several of these intensely and often. Consider consulting a qualified mental health professional, even just for a chat.

Score: 14 to 18

You are at severe risk of burnout. Do something about this urgently. Seek help and support from a qualified professional.

Score: 19 or more

You are at very severe risk of burnout. Do something about this urgently. Seek help and support from a qualified professional.