

QUIZ TIME! BURNOUT

Choose to what degree you can relate to the following statements based off how you have been feeling over the last week. The results of this assessment are meant for self-reflection, this is not a diagnostic tool.

Burnout can happen to employees in the workplace, to caregivers, and individuals who experience high levels of stress on a daily basis. When completing this assessment, think of the environment that may be contributing to these feelings and experiences below.

Questions:

Statements could apply to personal burnout, work-related burnout, and caretaker burnout.

Rating:

*Not at all (1); Rarely (2)
Sometimes (3); Often (4)
Very Often (5)*

I feel physically and emotionally drained. >>> <<<

I feel easily irritated by the people I am surrounded with. >>> <<<

I feel like I could be doing more. >>> <<<

I do not have time to engage in self-care, or healthy leisure activities that I enjoy. >>> <<<

I have a hard time getting motivated in the mornings. >>> <<<

I have negative thoughts about my role. >>> <<<

I feel like I have no one to talk to. >>> <<<

I feel uninspired. >>> <<<

I can't keep up with the tasks I have to complete throughout the day. >>> <<<

I can't wait for the day to be over. >>> <<<

I am having second thoughts about the role I am in. >>> <<<

I am doing a poor job. >>> <<<

I feel misunderstood by others in my role. >>> <<<

I feel an overwhelming amount of pressure. >>> <<<

RESULTS: BURNOUT

No risk of burnout:

Based off of your responses it appears that you are not experiencing burnout. Take a minute to reflect on what could be contributing to your ability to maintain good work-life balance, or what is assisting you in managing your stress levels at home. Continue to apply these strategies (e.g. setting healthy boundaries, using balanced thinking, and setting realistic expectations) to maintain this balance.



You may be at risk of burnout:

Now would be a good time to think about what may be contributing to the symptoms you rated experiencing Very Often, and creating a plan to prevent these feelings from worsening.

Things that could help:

Take time to engage in stress-reducing activities: This can help counteract potential stressors you may encounter throughout the day, allowing challenges to feel more manageable.

Say no when you need to: Being assertive and setting healthy boundaries whether it is within your role at work or at home, is essential to maintaining a positive overall well-being.

Take care of your physical health: Eat a balanced diet, sleep 7-9 hours a night, drink enough water, and get some exercise!

Express yourself: Find an outlet to express yourself, whether it means talking to someone you trust or a professional support or using a creative outlet, such as writing, art, or music.

If you scored...

14- 28 No/slight risk of burnout. 29-55 You may be at risk of burnout 56-70 You may be experiencing burnout.
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You may be experiencing burnout:

It appears you may be experiencing burnout. Now what?

Monitor and manage the stressors that contribute to your burnout: once you've established what is contributing to your feeling of burnout, you can make a plan to address the issues.

Evaluate your options: Discuss concerns you may have at work with your supervisor or at home with your partner/family members. Maybe this will allow for expectations to change and responsibilities to be distributed differently.

Improve your outlook: If you are becoming cynical in your role, rediscover enjoyable aspects of your role, recognize others for their valuable contributions and take time away from your responsibilities to do something you enjoy.

Seek support: If you are experiencing burnout at work, talk to your supervisor about how you are feeling. There might be some modifications in your role that could help alleviate some of this pressure. If this is at home, talk to your partner or family members to explore ways to evenly distribute responsibilities. Talking to a mental health professional could help you further explore solutions to improving factors contributing to burnout.

Get into a healthy routine: Eating well, sleeping enough and getting regular exercise can all contribute to a more positive well-being and a healthy outlook on life. When experiencing burnout, it is common to let go of these behaviors which can often make things worse.