

## BURNOUT ASSESSMENT WORKSHEET

### The Blurb:

Burnout—a term that resonates with countless individuals who have navigated the often demanding and relentless pace of the modern world. If you've ever felt physically and emotionally drained, experienced a loss of enthusiasm for your work, or struggled to sleep due to work-related stress, you're not alone. In fact, studies show that approximately 76% of people experience burnout symptoms at some point in their lives. ([Ref: "Occupational Burnout," World Health Organization, 2021](#)) But here's the reassuring part: recognizing burnout is the first step towards addressing it. In this worksheet, we will delve deeper into understanding burnout, its symptoms, and most importantly, how to take constructive steps to combat it.

### Instructions:

This worksheet is designed to help you assess your current level of burnout. Please answer each question honestly and to the best of your ability. Rate each statement on a scale of 1 to 5, with 1 being "Strongly Disagree" and 5 being "Strongly Agree." After completing the assessment, review your answers to gain insights into your burnout levels.

1. I often feel physically and emotionally drained.

- 1 (Strongly Disagree)
- 2
- 3
- 4
- 5 (Strongly Agree)

2. My enthusiasm for my work has significantly decreased.

- 1 (Strongly Disagree)
- 2
- 3
- 4
- 5 (Strongly Agree)

3. I have trouble sleeping due to work-related stress.

- 1 (Strongly Disagree)
- 2
- 3
- 4
- 5 (Strongly Agree)

4. I frequently experience headaches, stomachaches, or other physical symptoms related to stress.

- 1 (Strongly Disagree)
- 2
- 3
- 4
- 5 (Strongly Agree)

5. I find it difficult to concentrate on tasks and make decisions.

- 1 (Strongly Disagree)
- 2
- 3
- 4
- 5 (Strongly Agree)

6. My work feels overwhelming, and I often feel like I can't keep up.

- 1 (Strongly Disagree)
- 2
- 3
- 4
- 5 (Strongly Agree)

7. I have become more cynical or negative about my work or colleagues.

- 1 (Strongly Disagree)
- 2
- 3
- 4
- 5 (Strongly Agree)

8. I have withdrawn from social activities and hobbies I once enjoyed.

- 1 (Strongly Disagree)
- 2
- 3
- 4
- 5 (Strongly Agree)

9. I often feel irritable or impatient with coworkers, clients, or family members.

- 1 (Strongly Disagree)
- 2
- 3
- 4
- 5 (Strongly Agree)

10. I frequently think about quitting my job or making significant changes in my career.

- 1 (Strongly Disagree)
  - 2
  - 3
  - 4
  - 5 (Strongly Agree)
- 

### Scoring:

- Add up your scores for all the questions.
- The total score will give you an indication of your burnout level:
  - 10-20: Low burnout risk
  - 21-30: Moderate burnout risk
  - 31-40: High burnout risk
  - 41-50: Very high burnout risk

## Interpreting Your Results:

- A low score suggests that you are likely managing stress well.
- A moderate score indicates that you may be experiencing some symptoms of burnout and should consider implementing strategies to reduce stress.
- A high score suggests a significant risk of burnout, and it is crucial to take action to address the underlying causes of stress and burnout.
- A very high score indicates an urgent need to address burnout symptoms and seek support.

## Action Steps:

Based on your score, consider the following action steps:

- **Low Burnout Risk:** Maintain your stress management strategies and continue focusing on self-care.
- **Moderate Burnout Risk:** Explore stress reduction techniques and seek support from a coach or therapist if needed.
- **High Burnout Risk:** Take immediate steps to reduce stress, such as adjusting your workload or seeking professional help.
- **Very High Burnout Risk:** Seek professional assistance and make significant changes in your work and life to address burnout.

**Remember that recognizing burnout and taking steps to address it is a proactive and essential part of maintaining your well-being.**