



Burnout Self-Assessment Exercise

Directions: Use the key below to rate each experience on a scale of 0-4. To help with calculating the Overall Burnout Score, write the number in the Line Total column as illustrated in the example. Add up your total score, and evaluate your level of burnout.

0= Never 1= A few times a year 2=Monthly 3=Weekly 4= Everyday

Burnout Self-Assessment		Please circle one for each line					Line Total
Ex	I feel like a badass.	0	1	2	3	4	4
1	No matter how much sleep I get, I'm always tired.	0	1	2	3	4	
2	I have difficulty falling asleep and staying asleep.	0	1	2	3	4	
3	I feel irritable with no obvious triggers.	0	1	2	3	4	
4	I feel trapped and depressed.	0	1	2	3	4	
5	I struggle to accomplish goals that I set for myself.	0	1	2	3	4	
6	I struggle to relax on my days off.	0	1	2	3	4	
7	I feel guilty when I'm not working or helping others.	0	1	2	3	4	
8	I feel pressure to be successful.	0	1	2	3	4	
9	I'm frustrated while at work.	0	1	2	3	4	
10	I'm frustrated while at home.	0	1	2	3	4	
11	I always feel sick. (Headache, stomach ache, chest pain, sinus issues, etc.)	0	1	2	3	4	
12	I don't feel like I have control over my stress levels.	0	1	2	3	4	
13	I feel like I should have chosen a different career path or lifestyle.	0	1	2	3	4	
14	I don't feel I receive the professional recognition that I deserve.	0	1	2	3	4	
15	My efforts in my personal life go unnoticed by family and friends.	0	1	2	3	4	
16	I don't have enough time for the things I enjoy.	0	1	2	3	4	
17	I don't feel that what I do every day has any impact.	0	1	2	3	4	
18	Minor inconveniences ruin my mood.	0	1	2	3	4	
19	I feel responsible for the problems of others.	0	1	2	3	4	
20	I self-medicate to cope with stress.	0	1	2	3	4	
						Overall Burnout Score	

[0-12]= Burnout is unlikely unless multiple scores are high.

[13-30]= Potential for burnout, especially if multiple scores are high.

[31-40]= Eventual burnout is likely without proper intervention.

[41-60]= Severe risk of burnout and negative physical, mental and emotional manifestations may arise.

[61-80]= Active burnout. Intervention is necessary to maintain long-term physical, mental, and emotional wellness.

*While stress over a period of time may lead to burnout and poor health, this assessment is for guidance purposes only. Please consult with a qualified medical professional if there are concerns for your physical, mental, and emotional health.



Post Assessment Reflection

1. Was your burnout score what you expected? Why or why not.
2. If you scored 13 or higher, what are your stress triggers? Be specific, and consider when, where, and who contributes to the stress. Describe in detail the physical sensation of stress.
3. What are your current coping mechanisms to reduce stress and avoid burnout? Are they working for you as intended? Why or why not.

Did you know?

It may take some people several weeks or more to fully recover from burnout. So prioritize your schedule, rest as often as possible, take planned “do nothing” days, and ask for help when you are at risk for burnout. Burnout requires proper intervention and does not go away on its own. It is necessary to find healthy ways to manage stress regularly. Seek help from a mental health professional or wellness coach if you need guidance and support. When the signs and symptoms of burnout appear, you must respond to your body’s needs to avoid damage to the mind, body, and spirit. Take care of yourself!