

BURNOUT SELF-TEST

For each question, check the box that most applies. At the end, tally your score and see what your score is and what that means for you on the back.

15 Statements	Not at All 1	Rarely 2	Sometimes 3	Often 4	Very Often 5
I feel run down and drained of physical or emotional energy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have negative thoughts about my job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am harder and less sympathetic with people than perhaps they deserve.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am easily irritated by small problems, or by my co-workers and team.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel misunderstood or unappreciated by my co-workers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel that I have no one to talk to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel that I am achieving less than I should.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel under an unpleasant level of pressure to succeed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel that I am not getting what I want out of my job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel that I am in the wrong organization or the wrong profession.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am frustrated with parts of my job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel that organizational politics or bureaucracy frustrate my ability to do a good job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel that there is more work to do than I practically have the ability to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel that I do not have time to do many of the things that are important to doing a good quality job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find that I do not have time to plan as much as I would like to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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Score	Comment
15-18	No sign of burnout here.
19-32	Little sign of burnout here, unless some factors are particularly severe.
33-49	Be careful – you may be at risk of burnout, particularly if several scores are high.
50-59	You are at severe risk of burnout – do something about this urgently.
60-75	You are at very severe risk of burnout – do something about this urgently



WHAT IS BURNOUT?

CAUSES

Burnout is the physical, emotional and mental exhaustion caused by long-term exposure to demanding work situations and/or constant levels of high stress. It develops gradually as creativity, motivation, and effectiveness dissolve into fatigue, skepticism and the inability to function productively. It is a state of chronic stress that leads to physical and emotional exhaustion, cynicism and detachment, as well as feelings of ineffectiveness and lack of accomplishment.

You may be experiencing burnout if you are feeling like you have little to no control over your work, a lack of recognition for your good work, working in a monotonous or high-stress job, or you are over committed.

SIGNS & SYMPTOMS

Headache	Indecisive
Insomnia	Forgetful
Difficulty Concentrating	Insecure
Short Temper	Low Energy Levels
Upset Stomach	Teeth-Grinding
Low Morale	Spike in Sick Days
Anxiety	Loss of Appetite
Dis-enjoyment	Weight Gain
Sense of Dread	Loss in Motivation
Depressed	Procrastination
Resentful	Low - Productivity

REMEDIES

- Stay organized by making lists, keeping your calendar organized, and planning your week out in advance.
- Set reasonable goals. Whether personal, professional or fitness goals, don't overexert or over commit yourself. Set yourself up for success.
- practice saying "no" to avoid being overcommitted.
- Create a serene home with soothing sounds, aromatherapy, artwork, neutral colors, and comfortable furniture. Be sure to leave work at work.
- Be sure to get 8-9 hours of sleep every night.
- Start the day with music that pumps you up.
- Learn effective time management; take more time off, schedule frequent breaks, delegate



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