

Am I Burned Out or Just Stressed?

A SELF ASSESSMENT

**STRESS
VS.
BURNOUT**

Stress:

- Feels intense but temporary
- Improves with rest or time off
- You still care, even if overwhelmed

Burnout:

- Feels constant or numb
- Rest doesn't help much
- Motivation and joy feel distant

STRESS SELF ASSESSMENT

(Check all that Apply)

- I feel overwhelmed but still able to push through
- My mind races or feels anxious
- I feel pressure to keep up or perform
- I notice physical tension (tight jaw, shoulders, headaches)
- I feel relief after breaks or time off

BURNOUT ASSESSMENT

(Check all that Apply)

- I feel emotionally exhausted or numb
- Rest doesn't seem to help much
- I feel detached from work, relationships, or myself
- I'm irritable, withdrawn, or easily overwhelmed
- Things I once cared about feel draining or meaningless
- I feel "checked out" or stuck in survival mode

Am I Burned Out or Just Stressed?

A SELF ASSESSMENT

IF YOU
IDENTIFY
WITH BOTH

Many people experience stress and burnout at the same time. Burnout often begins as unmanaged stress that continues without enough recovery, boundaries, or support.

REFLECTION QUESTIONS

When was the last time I felt genuinely rested?

Do I feel more urgency—or more emptiness?

What feels hardest to sustain right now?

What do I need more of: rest, support, boundaries, or clarity?

WHAT HELPS WITH STRESS

Stress often responds to:

- Short-term rest
- Nervous system regulation tools
- Clear priorities
- Supportive routines

WHAT HELPS WITH BURNOUT

Burnout often requires deeper support, such as:

- Reducing expectations (not pushing harder)
- Rebuilding boundaries
- Processing emotional overload
- Restoring a sense of safety and meaning
- Support from therapy or trusted relationships

Burnout is not solved by productivity tips alone.

Interested in Support?

Schedule a free 15-minute consultation to explore what support might look like for you at
casasanatherapy.com