

# 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- ☐ I'm irritable, withdrawn, or easily overwhelmed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](https://casasanatherapy.com)