

Burnout Self Assessment

Tick all of the symptoms that apply to you, then scan the QR code.

Stage 1 – Enthusiastic campfire | Honeymoon (Balanced)

- ☐ Life is busy & stressful, but you feel motivated, optimistic and establish coping mechanisms
- ☐ You feel you need to prove yourself to family, friends, colleagues and/or line managers
- ☐ Require positive reinforcement and praise & reassurance that you are being successful
- ☐ Committed to work and often take on more tasks because you find it hard to say “no”

Stage 2 – Ignoring the log shortage | Onset of stress (Managing)

- ☐ You feel less productive with lapses in focus and become more overwhelmed with your workload
- ☐ Decision making is becoming more difficult with increased feelings of frustration and irritability
- ☐ Work becomes more of a priority than hobbies or socialising
- ☐ You feel more tired than usual even after a full night’s sleep.

Stage 3 – Flickering flame | Chronic Stress (Struggling)

- ☐ The amount you eat, and exercise might either increase or decrease significantly
- ☐ Work related stress is negatively impacting your personal life and health
- ☐ A growing sense of dread or anxiety about going to work
- ☐ You are more withdrawn from social situations and feel exhausted physically and mentally
- ☐ Your work performance is declining and/or you are losing motivation
- ☐ You might act ‘out of character’ (e.g. resentful, emotional, cynical, fearful or aggressive)

Stage 4 – Glowing embers | Onset of Burnout (Crisis)

- ☐ Symptoms from stage 3 become more intense and more frequent
- ☐ You feel emotionally exhausted and unable to cope with daily tasks
- ☐ You feel depressed with feelings of cynicism towards your work
- ☐ Find it difficult to concentrate, make decisions and often feel distant from life
- ☐ You might experience occasional intrusive thoughts and enjoy the release from self-harm
- ☐ You doubt your own ability, feel worthless, empty, emotionless and start to question if you will ever feel better

Stage 5 – Fire gone out | Complete Burnout (High Risk)

- ☐ You experience physical symptoms such as chronic pain, constant illness, high blood pressure
- ☐ Feel a constant sense of fatigue, regardless of rest or sleep
- ☐ Moving through the day takes so much energy and feels like a dark cloud surrounds you
- ☐ You start to believe this is normal and can’t remember what true happiness feels like
- ☐ You experience intrusive thoughts of self-doubt, hopelessness and/or lack of self-worth
- ☐ Experience thoughts of suicide
- ☐ URGENT medical intervention is needed to treat symptoms & coaching to help you recover.

Want to master your emotions and reduce stress & anxiety, forever?

Find out more



Sources:

Temporal Stages of Burnout: How to Design Prevention, Leclercq and Hansez (2024);
A 5-stage model for burnout, Veninga & Spradley (1981);
12 stages of burnout, Freudenberger (1974)