

Burnout Self-Check Guide

Burnout doesn't just affect your health—it can impact your relationships too. Take a moment to reflect on the checklist below. If several of these apply to you, it may be time to reach out for support.

- ☐ You feel physically and emotionally drained most of the time.
- ☐ You've lost interest in work, hobbies, or activities you used to enjoy.
- ☐ You struggle to concentrate or make decisions.
- ☐ You feel irritable, impatient, or withdrawn around loved ones.
- ☐ Your sleep is disrupted—you're either not sleeping enough or sleeping too much.
- ☐ Small disagreements in your relationship escalate quickly.
- ☐ You find yourself avoiding friends, family, or responsibilities.
- ☐ You've noticed a decline in intimacy, patience, or empathy with your partner.
- ☐ You're relying on food, alcohol, or other substances to cope.

If you recognise yourself in several of these statements, you may be experiencing burnout. This can affect the way you feel but can also lead to conflict and distance in your relationships.

Get in touch with us today if you think counselling can help you.

Call: 01293 657055

Email: reception@relationshipssussex.org.uk

Relationships Sussex – Supporting you, your wellbeing, and your relationships.

This self-check guide is intended for general information and reflection only. It does not replace a medical or psychological assessment. If you are concerned about your mental health, please seek advice from a qualified healthcare professional.