

BURNOUT SELF-ASSESSMENT

A self-assessment can be an enlightening way to understand your current state of well-being and evaluate your level of burnout.

RATE EACH STATEMENT BASED ON YOUR EXPERIENCES OVER THE PAST MONTH.

	Never	Rarely	Sometimes	Often	Always
I feel emotionally run down or drained most days	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it difficult to concentrate or focus on tasks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel a sense of dread when thinking about work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel overwhelmed by everything I need to get done	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel a lack of motivation or enthusiasm for my tasks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I struggle to find time for personal interests or hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am more irritable or impatient than usual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel disconnected from my friends & colleagues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experience physical symptoms like headaches, fatigue, or insomnia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My productivity has decreased	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I'm not making a positive impact	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scale: 1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always

- 10 - 20: You may not be experiencing significant burnout at this time
- 21 - 31: You may be experiencing moderate burnout. Consider examining areas of stress and seeking support.
- 32 - 43: You are likely experiencing high levels of burnout. It may be beneficial to make changes to improve your wellbeing.