

Checking Yourself for Burnout

Burnout occurs when passionate, committed people become deeply disillusioned with a job or career from which they have previously derived much of their identity and meaning. It comes as the things that inspire passion and enthusiasm are stripped away, and tedious or unpleasant things crowd in.

This tool can help you check yourself for burnout. It helps you look at the way you feel about your job and your experiences at work, so that you can get a feel for whether you are at risk of burnout.

Instructions

For each question, tick in the column that most applies. Then add up your score and check your result using the scoring table underneath. Each column has the number to score beside the question.

Statements to answer	Not at all 1	Rarely 2	Sometimes 3	Often 4	Very often 5
1. I feel run down and drained of physical and emotional energy					
2. I have negative thoughts about my job.					
3. I am less empathetic with the people I am caring for than I used to be.					
4. I get easily irritated by the people I am caring for.					
5. I am frustrated with parts of my job.					
6. I feel like I have no one to talk to.					
7. I feel unappreciated by my workplace.					

8. I am achieving less than I used to be able to achieve in a day.					
9. I feel I have less time to plan my work to do a quality job.					
10. I feel like I am in the wrong profession or workplace.					

Total Score:

Score Interpretation

Score	Comment
0-10	No sign of burnout here.
10-20	Little sign of burnout here unless some factors are particularly severe.
20-30	Be careful – you may be at risk of burnout, particularly if several scores are high.
30-40	You are at severe risk of burnout – do something about this urgently.
40-50	You are at very severe risk of burnout – do something about this urgently.