

Burnout Self-Assessment

Rate yourself on the scale below. For each question, choose a number from 0-5 that shows how you have felt during the last 3 months. Don't spend more than 30 seconds on each question. Keep a running total of the numbers you choose and get your results at the bottom of the page.

1. Do you get tired easy? Do you feel worn out?
No Change 0 1 2 3 4 5 Much Change
2. Do you get upset when people tell you, "You don't look so good lately"?
No Change 0 1 2 3 4 5 Much Change
3. Are you working harder and harder and feel like you're getting nothing done?
No Change 0 1 2 3 4 5 Much Change
4. Are you more sarcastic and disappointed in the world around you?
No Change 0 1 2 3 4 5 Much Change
5. Are you sad a lot and don't know why?
No Change 0 1 2 3 4 5 Much Change
6. Are you more forgetful (missing doctor visits, losing things)?
No Change 0 1 2 3 4 5 Much Change
7. Are you grumpy? More short-tempered? Do you expect more and more from the people around you?
No Change 0 1 2 3 4 5 Much Change
8. Are you spending less time with your friends and family?
No Change 0 1 2 3 4 5 Much Change
9. Are you too busy to do everyday things (make phone calls, send out cards)?
No Change 0 1 2 3 4 5 Much Change
10. Do you always feel bad or are you sick all the time?
No Change 0 1 2 3 4 5 Much Change
11. Do you feel confused at the end of the day?
No Change 0 1 2 3 4 5 Much Change
12. Do you have trouble feeling happy?
No Change 0 1 2 3 4 5 Much Change
13. Are you unable to laugh at a joke about yourself?
No Change 0 1 2 3 4 5 Much Change
14. Does sex seem like more trouble than it's worth?
No Change 0 1 2 3 4 5 Much Change
15. Do you have very little to say to people?
No Change 0 1 2 3 4 5 Much Change

Add all the number you chose and the total is your score:

0–25: Doing Fine.

26-35: Watch out you are at risk.

36-50: Candidate for Burnout.

51-65: You are Burning out.

65+: Burned out.

This level is dangerous to your physical and emotional health.

Contact HelpPeople Employee Assistance Program at 470-7447 for more information or an appointment.

All calls are confidential