

Checking Yourself for Burn-out

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 might be at risk of burnout.

	Question	Not At All	Rarely	Some times	Often	Very Often
		1	2	3	4	5
1	Do you feel run down and drained of physical or emotional energy?					
2	Do you find that you are prone to negative thinking about your job?					
3	Do you find that you are harder and less sympathetic with people than perhaps they deserve?					
4	Do you find yourself getting easily irritated by small problems, or by your co-workers and team?					
5	Do you feel misunderstood or unappreciated by your co-workers?					
6	Do you feel that you have no-one to talk to?					
7	Do you feel that you are achieving less than you should?					
8	Do you feel under an unpleasant level of pressure to succeed?					
9	Do you feel that you are not getting what you want out of your job?					
10	Do you feel that you are in the wrong organization or the wrong profession?					
11	Are you becoming frustrated with parts of your job?					
12	Do you feel that organizational politics or bureaucracy frustrate your ability to do a good job?					
13	Do you feel that there is more work to do than you practically have the ability to do?					
14	Do you feel that you do not have time to do many of the things that are important to doing a good quality job?					
15	Do you find that you do not have time to plan as much as you would like to?					
	TOTAL:					

Score Interpretation

Score	Comment
15 – 18	No sign of burnout here
19 – 32	Little sign of burnout here, unless some factors are particularly stressing this period
33 – 49	Be careful - you may be at early stages of burnout
50 – 59	You may be at the risk of burnout - do something about this
60 - 75	You may be at very severe risk of burnout - do something about this urgently