

BURNOUT SELF- ASSESSMENT



1. PHYSICAL EXHAUSTION

- I feel physically drained, even after a good night's sleep.
- I struggle to find energy to get through my daily tasks.
- My body feels sore or tense, even without physical activity.

3. MENTAL EXHAUSTION

- I have trouble concentrating or making decisions.
- My mind feels foggy or unclear, and I struggle to focus on tasks.
- I find myself daydreaming about escaping from my current situation.

Results:

20-25 points: Mild burnout – Manageable with self-care strategies.
26-35 points: Moderate burnout – Time to reassess your work-life balance.
36-45 points: Significant burnout – Recovery and support needed to regain balance.

2. EMOTIONAL FATIGUE

- I feel emotionally drained by my work or responsibilities.
- I often feel overwhelmed by my daily tasks and commitments.
- I have trouble managing my emotions, like feeling irritable, anxious, or tearful.

4. REDUCED PERFORMANCE

- I feel less productive than I used to.
- I frequently forget things or miss deadlines.
- I no longer take pride in my accomplishments, no matter how

5. DETACHMENT AND ISOLATION

- I feel disconnected from others and avoid social interactions.
- I no longer enjoy activities or hobbies that I used to find fulfilling.
- I feel like I'm just going through the motions, without passion or purpose.