

## Handout #1: Burnout Assessment

*For each question, place an X in the column that most applies.*

		Not at All	Rarely	Sometimes	Often	Very Often
Physical	1. Do you feel tired and drained?					
	2. Are you ill a lot due to lowered immunity?					
	3. Do you have frequent headaches, back pain, or muscle aches?					
	4. Do you have a change in your appetite or in your sleep habits?					
Emotional	5. Do you have feelings of failure or self-doubt?					
	6. Do you feel helpless, trapped, or defeated?					
	7. Do you feel detached from others, alone in the world?					
	8. Do you feel unmotivated?					
	9. Do you feel cynical and negative—as if you expect the worst out of others?					
	10. Do you feel a decreased sense of satisfaction or accomplishment?					
Behavioral	11. Are you withdrawing from work or family responsibilities?					
	12. Are you isolating yourself from others at work or at home?					
	13. Are you procrastinating, or taking longer to get things done?					
	14. Are you using food, drugs, or alcohol to cope?					
	15. Are you taking out your frustrations on others?					
	16. Are you skipping work, coming in late, or leaving early?					
<b>Add the number of Xs in each column</b>						

*If your weighted total is:*

Answer	Number of Xs	Multiply by Weight	Weighted Total
Not at all		0	
Rarely		1	
Sometimes		2	
Often		3	
Very Often		4	
<b>Total</b>	16		

0-4	No sign of burnout here!
5-17	Little sign of burnout here, unless some factors are particularly severe
18-34	Be careful—you may be at risk of burnout, especially if several scores are high
35-44	You are at severe risk of burnout—do something about this urgently
45-64	You are at very severe risk of burnout—do something about this urgently

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