



BURNOUT SELF-CHECK QUIZ

1. HOW OFTEN DO YOU FEEL EMOTIONALLY DRAINED AT THE END OF THE WORKDAY?

- | | | | |
|----|-----------|----|--------|
| A. | NEVER | C. | OFTEN |
| B. | SOMETIMES | D. | ALWAYS |

2. HOW FREQUENTLY DO YOU CATCH YOURSELF MAKING AVOIDABLE MISTAKES AT WORK OR FORGETTING THINGS?

- | | | | |
|----|-----------|----|--------|
| A. | NEVER | C. | OFTEN |
| B. | SOMETIMES | D. | ALWAYS |

3. HOW CONNECTED DO YOU FEEL TO YOUR PURPOSE OR PASSION AT WORK?

- | | | | |
|----|-----------|----|--------|
| A. | NEVER | C. | OFTEN |
| B. | SOMETIMES | D. | ALWAYS |

4. HOW OFTEN DO YOU TAKE TIME FOR YOURSELF TO DECOMPRESS OR ENJOY SOMETHING NON-WORK-RELATED?

- | | | | |
|----|-----------|----|--------|
| A. | NEVER | C. | OFTEN |
| B. | SOMETIMES | D. | ALWAYS |

5. HOW REGULARLY DO WORK FRUSTRATIONS AFFECT YOUR MOOD AT HOME?

- | | | | |
|----|-----------|----|--------|
| A. | NEVER | C. | OFTEN |
| B. | SOMETIMES | D. | ALWAYS |

HOW TO INTERPRET YOUR RESULTS

Mostly A's: You're likely doing well and managing stress effectively. Keep checking in with yourself and maintaining healthy habits.

Mostly B's: You might be experiencing occasional stress or early signs of burnout. It's a good time to reflect on your workload and recharge.

Mostly C's: You could be in the early-to-mid stages of burnout. Consider talking to someone, exploring your passions, and creating small changes in your routine.

Mostly D's: You may be facing full-blown burnout. Seek support from a counselor or mentor and explore more substantial changes to protect your well-being.