



## Burnout Self-Assessment Tool

This is a simple self-check tool to give you an idea of where you stand in relation to being burned out. This is **not** a clinical diagnosis, just a tool to help rate your levels in a quick and efficient manner. Remember, burnout is a continuum. Gaining awareness of where we may be feeling burnout can help guide us in finding solutions. If you need some support, please do not hesitate to reach out!

Rate each of the following items on the following scale:

1 = Rarely, 2 = Occasionally, 3 = Sometimes, 4 = Often, 5 = Very Often

- \_\_\_\_\_ I feel run down and drained of physical or emotional energy.
- \_\_\_\_\_ I have negative thoughts about my job.
- \_\_\_\_\_ I am harder and less sympathetic with people than perhaps they deserve.
- \_\_\_\_\_ I am easily irritated by small problems, or by my co-workers and team.
- \_\_\_\_\_ I feel misunderstood or unappreciated by my co-workers.
- \_\_\_\_\_ I feel that I have no one to talk to.
- \_\_\_\_\_ I feel that I am achieving less than I should.
- \_\_\_\_\_ I feel under an unpleasant level of pressure to succeed.
- \_\_\_\_\_ I feel that I am not getting what I want out of my job.
- \_\_\_\_\_ I feel that I am in the wrong organization or the wrong profession.
- \_\_\_\_\_ I am frustrated with parts of my job.
- \_\_\_\_\_ I feel that organizational politics or bureaucracy frustrate my ability to do a good job.
- \_\_\_\_\_ I feel that there is more work to do than I practically have the ability to do.
- \_\_\_\_\_ I feel that I do not have time to do many of the things that are important to doing a good quality job.
- \_\_\_\_\_ I find that I do not have time to plan as much as I would like to.
- \_\_\_\_\_ = **Total**

Score	Comment
15-21	No sign of burnout here.
22-37	Little sign of burnout here, unless some factors are particularly severe.
38-51	Be careful – you may be at risk of burnout, particularly if several scores are high.
52-64	You are at severe risk of burnout – do something about this urgently.
65-75	You are at very severe risk of burnout – do something about this urgently