

Burnout Assessment

Burnout is a modern affliction. It affects all types of people, especially those who work under pressure, deal frequently with others, and expect a lot from themselves. It is particularly prevalent among those who tend to set unrealistic goals for themselves, a by-product of having an unflappable drive to succeed and an excess of external pressure. Often, such individuals become disenchanted with and unresponsive to their work, taking excessively long to make even the simplest decisions, and completing the most basic tasks in twice the usual time. For burnout victims, life is often less fulfilling than it could be. Some critics say that the burnout syndrome is nothing new, that it is simply depression with a new label. But there is evidence that burnout differentiates itself from depression, and that both its cause and remedy are distinctive.

Rate yourself in terms of the five-point scale that follows each question, where 1 equals “a little bit” and 5 equals “very much so.”

1. Do you seem to be working harder and accomplishing less?
1 2 3 4 5
2. Do you tire more easily?
1 2 3 4 5
3. Do you often get the blues for no apparent reason?
1 2 3 4 5
4. Do you forget appointments, deadlines, and/or personal possessions?
1 2 3 4 5
5. Have you become increasingly irritable?
1 2 3 4 5
6. Have you become increasingly disappointed with those around you?
1 2 3 4 5
7. Do you see close friends and family members less frequently than you used to?
1 2 3 4 5
8. Do you suffer from physical symptoms like pains and headaches?
1 2 3 4 5
9. Do you find it hard to laugh when the joke is on you?
1 2 3 4 5
10. Does sex seem more trouble than it's worth?
1 2 3 4 5

Scoring. Where are you on the Burnout Scale? Add the total number of points from each response.

A score of 0-15 points: You may be occasionally stressed, but generally you're doing fine. 😊

A score of 16-24 points: You're a candidate for burnout. You may want to take a step back and assess how to relax a bit.

A score of 25-29 points: You're beginning to burn out and should think about changing your work environment or lifestyle to give yourself more breathing room.

A score of 30 points or more: You're suffering from burnout. Take whatever steps are necessary to alleviate some stress—you're in a dangerous situation that may pose a threat to your physical and mental well-being.