

Burnout Risk Self Assessment

How often do you... a) almost always; b) often; c) seldom; d) almost never

1. find yourself with insufficient time to do things you really enjoy?
2. wish you had more support/assistance?
3. lack sufficient time to complete your work most effectively?
4. have difficulty falling asleep because you have too much on your mind?
5. feel people simply expect too much of you?
6. feel overwhelmed?
7. find yourself becoming forgetful or indecisive because you have too much on your mind?
8. consider yourself in a high pressure situation?
9. feel you have too much responsibility for one person?
10. feel exhausted at the end of the day?

Calculate your total score: a) = 4, b) = 3, c) = 2, d) = 1.

A total of 25-40 indicates a high stress level that could be psychologically or physically debilitating.

There is a well-validated inventory called the Maslach Burnout Inventory available for purchase online.