

A QUICK CHECK-IN ARE YOU BURNT OUT?

Burnout is a state of physical, emotional, and mental exhaustion caused by prolonged stress.

Just like a car needs fuel to run, your mind and body need rest and self-care to function at their best.

Identifying if you're facing burnout can be challenging, but important.

Burnout can hamper your personal and professional life and also your growth and well-being. This makes it essential to become aware of the signs and symptoms of burnout and though burnout is a common issue, it's essential to recognize it early on, to prevent it from worsening.

To understand if you are facing burnout, here's a short test that you can take! Answer the questions below and score yourself on each question as per the intensity of your feeling according to this key:

Never or almost
never

0

Rarely

1

Sometimes

2

Often

3

Very often

4



I feel that I don't want to work or spend time on my hobbies lately.

Never or almost
never

0

Rarely

1

Sometimes

2

Often

3

Very often

4

I feel like I don't have enough time for myself or my personal life.

Never or almost
never

0

Rarely

1

Sometimes

2

Often

3

Very often

4

I have been feeling frustrated with others and am getting angry easily.

Never or almost
never

0

Rarely

1

Sometimes

2

Often

3

Very often

4

I have been struggling to sleep and/or eat properly. I am sleeping and eating a lot/
too less these days.

Never or almost
never

0

Rarely

1

Sometimes

2

Often

3

Very often

4

I feel like my work or responsibilities are taking up too much of my time and energy.

Never or almost
never

0

Rarely

1

Sometimes

2

Often

3

Very often

4

Scoring: To calculate the total score, add the scores for all the above 11 statements.
Please note: The higher your total score, the higher the likelihood of you facing
burnout.

- 0-10: No significant burnout symptoms.
- 11-20: Mild burnout symptoms.
- 21-30: Moderate burnout symptoms.
- 31-40: Severe burnout symptoms.



I feel really stressed and moody.

Never or almost
never

0

Rarely

1

Sometimes

2

Often

3

Very often

4

I feel emotionally drained and exhausted, even when I haven't done much in the day.

Never or almost
never

0

Rarely

1

Sometimes

2

Often

3

Very often

4

I find it difficult to concentrate on my tasks.

Never or almost
never

0

Rarely

1

Sometimes

2

Often

3

Very often

4

I have been feeling very negative and lost lately.

Never or almost
never

0

Rarely

1

Sometimes

2

Often

3

Very often

4

I have been experiencing physical symptoms such as headaches, stomachaches, and muscle tension.

Never or almost
never

0

Rarely

1

Sometimes

2

Often

3

Very often

4

I feel less satisfied with my accomplishments... A win doesn't feel like a win to me.

Never or almost
never

0

Rarely

1

Sometimes

2

Often

3

Very often

4

P.S.: Remember, this is just a tool to help you identify potential burnout symptoms. If you are facing any concerns about your mental well-being, no matter your score, it's always a good idea to reach out to a mental health professional for additional support.

Prolonged burnout can significantly impact one's day-to-day functioning and ability to engage in activities, leading to feelings of exhaustion, cynicism, and reduced efficacy.

Now that you've taken the above assessment, take a moment to reflect on the following question:

Feel free to take a print out & jot down your answers to these questions.

1. Who are you when you are burnt out?

2. How do you typically experience burnout, both physically and emotionally?

3. What behaviours or habits tend to contribute to your burnout?

4. In what ways does burnout affect your relationships with others, both personally and professionally?

5. How does burnout impact your ability to concentrate, focus, and make decisions?

6. Have you experienced burnout in the past, and if so, how did you recover from it?

7. How can you recognize and respond to the early signs of burnout before it becomes overwhelming?

8. What self-care practices can you incorporate into your routine to prevent burnout and maintain your mental and emotional well-being?

9. How can you communicate your needs for rest and recovery with those around you, including employers, friends, and family members?

10. What boundaries can you set for yourself to maintain a healthy work-life balance and prevent burnout from occurring?

11. How can you cultivate a sense of purpose and meaning in your life outside of work or other obligations to prevent burnout from becoming a constant threat?

Now that you are a little more aware of your burnout levels, take a step back to think about how you would like to work toward combating it.

If you, or someone you know is looking to seek professional help, reach out to us at [The Mood Space](https://www.themoodspace.com/getstarted) <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.