

# BURNOUT SELF- ASSESSMENT

## Ask Yourself:

- Have I become cynical or critical at work?
- Do I drag myself to work and have trouble getting started?
- Have I become irritable or impatient with co-workers, customers or clients?
- Do I lack the energy to be consistently productive?
- Do I find it hard to concentrate?
- Do I lack satisfaction from my achievements?
- Do I feel disillusioned about my job?
- Am I using food, drugs or alcohol to feel better or to simply not feel?
- Have my sleep habits changed?
- Am I experiencing unexplained headaches, stomach or bowel problems, or other physical complaints?

*If you answered yes to any of these questions,  
you may be experiencing burnout.*

Questions Sourced from Mayo Clinic

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