



NAME OF ACTIVITY: Burnout Self-Test

Possible Uses: Assess participants' level of burnout.

Target Audience: Anyone

Time: 10-15 minutes

Objectives: Upon completion of this activity, participants will be able to:

- Assess their level of burnout.

Key Terms & Concepts: Self-Care
Burnout and Stress

Equipment or Materials Needed: N/A

Preparation: N/A

Instructions:

- Distribute the Burnout Self-Test Handout.
- Give participants 5-10 minutes to complete their Burnout Self-Test.
- After all participants have completed the self-test, bring the participants back together in a large group. Ask a few participants to share their action scores. Sharing is voluntary.
- Ask participants:
 - what things popped out at them?
 - Were they surprised? Why or why not?

NOTE: N/A

Burnout Self-Test

Instructions: For each question, place the corresponding number in the column that most applies.

Questions	Not At All (1)	Rarely (2)	Sometimes (3)	Often (4)	Very Often (5)
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.					
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 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 want to.					
Total					

Score interpretations (No matter your score, pay attention to areas you ranked a 5)

15-18: No sign of burnout.

60-75: Very severe risk of burnout.

19-32: Little sign of burnout.

33-49: At risk of burnout.

50-59: Severe risk of burnout.