

BURNOUT QUIZ

INTRO PART:

There's a lot of talk of burnout these days, but just exactly what is it?

Scientists define it as a state of mental, physical and emotional exhaustion that is usually caused by excessive exposure to prolonged stress. It's called burnout as a metaphor for the lights going out and unable to switch back on. It's when we say "I can't do this anymore". Burnout isn't just a psychological state, it also affects your physical health and your brain's ability to function. Like many of the body's stress-related issues it's a situation that can present itself pretty quickly and without warning, particularly if you've been burning the candle at both ends. The best way to handle burnout is prevention with a solid routine of self-care and tools to help you manage your stress in real time so that it doesn't accumulate. The 19 question quiz below, adapted from the Copenhagen Burnout Inventory, a validated burnout measuring tool in the scientific community, to find out where your burnout level is and what you can do.

INSTRUCTIONS:

Please choose how frequently the following statements are true for you

SECTION 1 - PERSONAL BURNOUT

6 questions

SECTION 2 - WORK BURNOUT

7 questions

SECTION 3 - INTER-RELATIONAL BURNOUT

SECTION 3 - NEEDS BELOW EXPLAINER ABOVE QUESTIONS

We use the word client in a general way, it means whoever you feel you have to satisfy at work who can be a source of stress.

Can be clients, can be bosses, can be expectations.

6 questions

SCORES - a score for each domain

Possible responses:

A. NO BURNOUT AT ALL

B. 27 possible combinations

Should show score by area and have

one response for NO Burnout

and then advice for mid or high for each domain

so 7 possible pieces of advice

WRITE RESPONSES