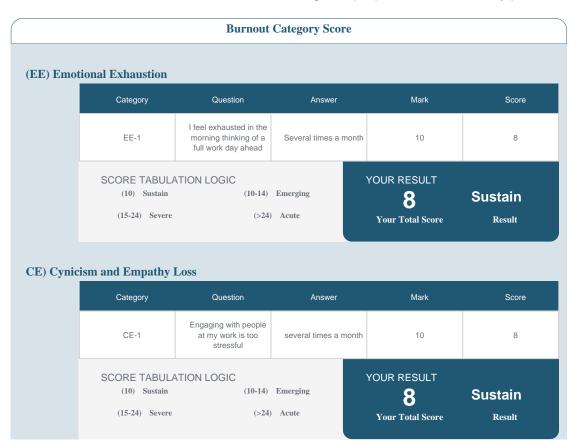


#### **Universal Burnout Meter**

This assessment is based on the world health organization (WHO) classification for Burnout-related symptoms released in 2019.



## (WA) Work Accomplishment

Category	Question	Answer	Mark	Score
WA-1	I feel I am giving less energy to my work now than I can	several times a week	10	8
WA-2	I know if I felt better I could do my tasks much better	several times a week	10	8
SCORE TABULA (10) Sustain		Emerging	YOUR RESULT	Severe
(15-24) Severe	(>24)	Acute	Your Total Score	Result
, ,	rnout Profile			Result 90

## **SE - Supportive Environment**

Category	Question	Answer	Mark	Score
SE-1	I feel my boss is supportive of my workplace challenges	Several Times a month	10	8
SE-2	I notice my coworkers proactively supporting each other emotionally	several times a week	10	8
SCORE TABULA (10-14) Emergin (10-14) Emergin	g (10-14)	Emerging	YOUR RESULT  16  Your Total Score	Severe Result

# **FO - Foundation Habits**

Category Questi	on	Answer M	∕lark Score
SCORE TABULATION LOGIC		YOUR RES	SULT
(10-14) Emerging	(10-14) Emer	o ding	Sustain
(10-14) Emerging	(10-14) Emer	Your Tota	al Score Result

#### **Change of State Score**

Category	Question	Answer	Mark	Score
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
EE-1	I feel exhausted in the morning thinking of a full work day ahead	Several times a month	10	6
SCORE TABULA (10-14) Emergin; (10-14) Emergin;	g (10-14)	Emerging	YOUR RESULT  24  Your Total Score	SEVERE Result