



Burnout Self-Check

Catch the warning signs early — across exhaustion, cynicism, and effectiveness.

Burnout builds slowly from chronic, unmanaged stress — most often at work, though caregiving and study count too. It tends to show up in three ways: deep exhaustion, growing cynicism or detachment, and a falling sense of effectiveness. This is a reflection tool, not a diagnosis. Rate how often each statement has fit you over the past month (0 = never, 4 = nearly every day).

Over the past month...

Statement	0-4
I feel emotionally drained and running on empty.	
I dread starting my day.	
I've become more cynical or detached about my work.	
I feel like I'm just going through the motions.	
Small tasks feel harder than they should.	
I doubt I'm doing well or making a difference.	
I have less patience with people than I used to.	
I can't switch off or recover, even on days off.	

Higher totals — especially across all three areas — suggest it's worth slowing down and getting support. Burnout responds to changes in workload, boundaries, recovery, and sometimes a conversation with a professional.

One thing I can change this week	
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