



Work Burnout Screener

If you answer yes to the majority of the below questions, you might be experiencing burn out at work.

- 1. Do you frequently feel frustrated at work and feel better after you leave?*
- 2. Do you frequently feel like you are not accomplishing anything, despite working very hard?*
- 3. Is your tolerance level for problems frequently lower than usual for you?*
- 4. Are you frequently drained of energy at the end of the workday?*
- 5. Does it take you an unusual amount of time to recover from your workday?*
- 6. When you wake up, do you dread spending another day at work?*
- 7. Do you feel so drained of energy that you cannot accomplish much outside of work?*
- 8. Do you frequently stay after normal work hours and/or bring work home with you?*
- 9. Do you socialize less than you used to due to a lack of energy?*
- 10. Has it been an extended period of 1+ year since you took a single vacation of at least 2+ weeks?*
- 11. Do you frequently feel helpless with no way to escape your current situation?*
- 12. Has your physical health taken a turn for the worse in the last 3-6 months without a clear explanation from a medical exam and tests?*