



**People Strategy Partners**

# Work Burnout Screener

If you answer **yes** to the majority of the below questions, you might be experiencing burnout 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?