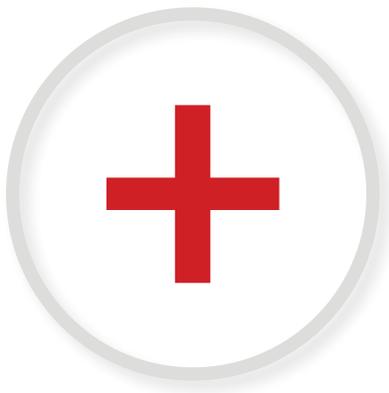


# Stress Management: Burnout Self Inventory



People's work life can range from exhilarating to exhausting. There are periods when work can become overwhelming and prevent a normal life. When this happens we call it burnout.

Burnout is described as a condition of feeling depleted, exhausted or just worn out while striving to reach some goal. It is the fatigue and frustration that is felt when stress management is neglected and the demands on you are excessive.

Complete this self inventory to determine burnout factors in your personal and work life.

## **INSTRUCTIONS.**

Think back over the past six months of your life. Have things changed; do you feel different? Think about your job – your family – your social activities.

Ask yourself the questions listed on the following page, indicate the appropriate response, and then add up your score.

## **SCORING INSTRUCTIONS.**

1. No change
2. Some small changes
3. Varies from day to day
4. More changes than I like
5. A great deal of change

- \_\_\_\_\_ 1. Do you tire more easily?
- \_\_\_\_\_ 2. Have people been saying, "You don't look so good lately?"
- \_\_\_\_\_ 3. Are you becoming more cynical?
- \_\_\_\_\_ 4. Do you often feel a sadness you can't explain?
- \_\_\_\_\_ 5. Are you forgetful? (Appointments, deadlines, dates.)
- \_\_\_\_\_ 6. Are you more irritable, short-tempered and disappointed in other people?
- \_\_\_\_\_ 7. Do you see close friends and family members less than you'd like?
- \_\_\_\_\_ 8. Are you too busy to do even routine things?
- \_\_\_\_\_ 9. Are you suffering from physical complaints?  
(Aches, pains, headaches, a lingering cold?)
- \_\_\_\_\_ 10. Is it hard to find joy in life?
- \_\_\_\_\_ 11. Do you feel disoriented when the day's activities end?
- \_\_\_\_\_ 12. Are you able to laugh at yourself?
- \_\_\_\_\_ 13. Does sex seem like more trouble than it is worth?
- \_\_\_\_\_ 14. Do you have little to say to people?
- \_\_\_\_\_ **Total Score**

**BURNOUT SCALE.**

- 0-25** You are doing fine
- 26-35** You are okay, but should be cautious
- 36-50** You are a candidate for burnout
- 51-65** You are burning out
- 65+** You are in a dangerous state that's a threat  
to your physical and mental well-being