Are You Headed toward Burnout?

Few people see burnout coming.

Here are some questions to help you decide if you are heading in the direction of burnout. It is important to consider how often you experience burnout symptoms, with "frequent" meaning weekly and "often" meaning daily.
Give yourself 2 points for often/daily, 1 point for frequent/weekly and 0 for less than those.

1. **Do you often feel physically or emotionally drained?**
2. **Are you frequently overwhelmed by negative thoughts about your job or responsibilities?**
3. **Do you find it challenging to maintain patience and empathy, especially at work or in your daily life?**
4. **Are you easily irritated or frustrated by minor issues or interactions with others?**
5. **Have you been neglecting self-care and spending less time on activities you used to enjoy?**
6. **Do you frequently feel misunderstood, unappreciated, or unsupported by those around you?**
7. **Are you struggling with a sense of underachievement and unmet expectations in your work or life goals?**
8. **Do you experience a persistent and overwhelming sense of pressure to succeed or meet certain standards?**
9. **Have you noticed a significant decline in your job satisfaction and enthusiasm for your work?**
10. **Are you questioning whether you're in the right profession or organization?**
11. **Do you feel frustrated with certain aspects of your job or responsibilities?**
12. **Are you frequently hindered by workplace politics, bureaucracy, or other obstacles in your job performance?**
13. **Do you often find yourself overloaded with tasks and unable to manage your workload effectively?**
14. **Are you experiencing disruptions in your sleep patterns, such as difficulty falling asleep or staying asleep?**
15. **Have you noticed significant changes in your appetite or eating habits, either overeating or loss of appetite?**
16. **Are you experiencing frequent physical symptoms like headaches, chronic pain, or gastrointestinal issues?**
17. **Have you become increasingly forgetful or absent-minded in your daily life?**
18. **Do you feel a growing sense of being "out of control" in various areas of your life?**
19. **Are you becoming excessively critical or inflexible in your interactions with others?**
20. **Have you lost your sense of enthusiasm and passion for work or life activities you once enjoyed?**



BRYCE COACHING

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Burnout Scoring:

32-40 Very High risk
24-31 High risk
16-23 At risk
8-15 Early Warning Sign
0-7 Low Risk