

## Burn Out Self Assessment Tool

Reflect on how you feel about each of the following statements and provide a rating re: your level of agreement or disagreement with each statement.

I feel cynical or critical at and about my work.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
I feel like I have to drag myself to work and dread going to work each day.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
Once at work, I have trouble getting started with my work.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
I am becoming more irritable with my co-workers, the families, and the children.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
I lack the energy to be consistently productive at work.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
Its hard to concentrate.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
I lack satisfaction from my achievements at work.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
I feel disillusioned or disappointed about my job.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
I noticed that I am turning to food, alcohol or drugs to feel better or to help me not feel at all.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
My sleeping habits have changed.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
I have been having unexplained headaches, stomach or bowel problems, or other physical aches/pains/discomfort.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
I feel that I have little control over my job such as my schedule, my assignments, and/or my workload.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree

I feel that I do not have access to or have resources to effectively do my job.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
I feel unclear about the degree of authority I have or what my supervisor or others expect from me.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
I feel like I am being micromanaged at work.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
I feel undermined by my colleagues.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
My job is job is monotonous and I need constant energy to remain focused	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
My job is chaotic and I need constant energy to remain focused.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
I feel isolated at work and/or in my personal life.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree
My work takes up so much of my time and effort that I don't have the energy to spend time with my family and friends or doing things I like to do.	1 Completely Disagree	2 Somewhat Disagree	3 Somewhat Agree	4 Completely Agree

Adapted from:

Mayo Foundation for Medical Education and Research. (2021, June 5). *Know the signs of Job Burnout*. Mayo Clinic. Retrieved October 22, 2022, from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642>