

Burnout Rating Scale

Think over the past 3 months and answer the following questions according to how often you have experienced these symptoms.

- | | |
|------------|-----------------|
| 0 = Never | 1 = Very rarely |
| 2 = Rarely | 3 = Sometimes |
| 4 = Often | 5 = Very often |

Adding up your total score will give you some indication whether you are likely to burn out or not.

1. Do you feel fatigued in a way that rest or sleep does not relieve?
2. Do you feel more cynical, pessimistic or disillusioned about things you used to feel positive about?
3. Do you feel a sadness or an emptiness inside?
4. Do you have physical symptoms of stress, eg insomnia, stomach pains, headaches, migraines?
5. Is your memory unreliable?
6. Are you irritable or emotional with a short fuse?
7. Have you been more susceptible to illness lately, eg colds, 'flu, food allergies, hay fever?
8. Do you feel like isolating yourself from colleagues, friends or family?
9. Is it hard to enjoy yourself, have fun, relax, and experience joy in your life?
10. Do you feel that you are accomplishing less in your work?

My score _____ Date: _____

Scoring

- 0 – 15 You are doing well
16 – 25 Some attention needed, you are a candidate.
26 – 35 You are on the road to burnout. Make changes now.
36 – 50 You need to take action immediately – your health and well-being are threatened.

Reference: *In The Tiger's Mouth: An Empowerment Guide For Social Action*,
Katrina Shields (2000) self published, p.130.

Other 'indicators' of being over-stressed or approaching burn-out for me are...