

# SYMPTOMS OF BURNOUT

## Questionnaire

Interviews with people who have had a burnout experience reported the following comments.

**Tick the questions that most relates to your current experience at work. N = 30**

	I often feel lonely but actively seek to create isolation
	I don't feel like I really need support
	I feel exhausted most of the time
	I don't feel like I can 'unload' or share my feelings with others – even people close to me
	I can't ask for support for fear of people thinking I am incompetent
	I often feel frustrated and can lose my temper easily
	I am opinionated and often find myself argumentative with people
	I find small frustrations can often seem intolerable
	I don't seem to get along with my colleagues any more
	I have very little patience for other people's problem
	I spend long hours at work - sometimes without really needing to
	I find myself consuming a lot of stimulants like coffee and sweet foods
	I am frightened to not say 'yes' to more workload and to be seen as actively involved
	I find it hard to prioritise tasks and problems as all of them are of equal importance
	I take very few rest breaks and when I do, I often feel guilty.
	I find it hard to trust other people's advice or professional competence
	I don't have much enjoyment or laughter in my life at the moment
	I feel under pressure all the time at work and this creeps into my personal life as well
	I find myself constantly questioning the decisions I have made when I have been stressed
	I seem to be grumpy at home as well as at work
	My time pressures never allow me to finish anything to my satisfaction
	My only respite from work pressure is sleeping and even then, I don't sleep well
	I feel like I become a different person when I am under a lot of stress
	I often feel overwhelmed thinking about work, even when I am not at work
	No matter how much I attempt to look after my mental health, I am still not coping
	I believe failure is a weakness and I will not admit to any kind of defeat
	I often give myself a really hard-time if I make a mistake
	I feel like I have to keep going or I will be letting my colleagues / patients down
	I have few boundaries for protecting myself from other people's priorities on my time
	I know I have symptoms of burn-out but I have no choice other than to push through them

<b>TOTAL</b>	<b>MILD ZONE (1 -10)</b>	<b>RESULT</b>
_____	<b>SIGNIFICANT ZONE (11-20)</b>	_____
	<b>DANGER ZONE (21 – 30)</b>	