

Job Burnout Quiz

Rate each statement based on how often you experience it:

- 0 = Never
- 1 = Rarely
- 2 = Sometimes
- 3 = Often
- 4 = Always

| Behavior | Score |
|----------------------------------------------------------------------------------------------|-------|
| Physical Signs | |
| 1. I feel physically exhausted no matter how much rest I get. | |
| 2. I experience frequent headaches, muscle tension, or digestive issues. | |
| 3. My sleep is disrupted (trouble falling asleep, staying asleep, or waking up unrefreshed). | |
| 4. I rely on caffeine, sugar, or other stimulants to get through the day. | |
| Emotional Signs | |
| 5. I feel emotionally drained and have little patience for others. | |
| 6. I experience frequent mood swings, irritability, or unexplained sadness. | |
| 7. I feel detached or numb, as if I'm just going through the motions. | |
| 8. I have a constant sense of dread about work or responsibilities. | |

Mental Signs

9. I struggle to focus, make decisions, or remember details.

10. I feel overwhelmed by even small tasks.

11. I doubt my abilities or feel like my work doesn't make a difference.

12. I've lost interest in things that used to excite or fulfill me.

Behavioral Signs

13. I procrastinate or avoid tasks I used to handle easily.

14. I withdraw from colleagues, family, or social interactions.

15. I've noticed a drop in my productivity or creativity.

16. I find myself increasingly cynical or resentful about work.

Part Two: Results

0-10

You're likely managing stress well, but stay mindful of your limits.

11-20

You may be experiencing early signs of burnout. Consider making adjustments now.

21-30

Burnout is affecting your well-being and performance. It's time to prioritize recovery.

31-40

You're in a high state of burnout. Take immediate steps to rest, seek support, and make changes.