

Burnout Symptoms

1. Do you feel run down and drained of physical or emotional energy
2. Do you find that you are prone to negative thinking about your job?
3. Do you find that you are harder and less sympathetic with people than perhaps they deserve?
4. Do you find yourself getting easily irritated by small problems, or by your co-workers and team?
5. Do you feel misunderstood or unappreciated by your co-workers?
6. Do you feel that you have no-one to talk to?
7. Do you feel that you are achieving less than you should?
8. Do you feel under an unpleasant level of pressure to succeed?
9. Do you feel that you are not getting what you want out of your job?
10. Do you feel that you are in the wrong organization or the wrong profession?
11. Do you find yourself becoming frustrated with parts of your job?
12. Do you feel that organizational politics or bureaucracy frustrate your ability to do a good job?
13. Do you feel that there is more work to do than you practically have the ability to do?
14. Do you feel that you do not have time to do many of the things that are important to doing a good quality job?
15. Do you find that you do not have time to plan as much as you would like to?
Total

0-5 Doing okay – keep taking care of yourself

6-10 Stressed – take preventative measures

11-15 Burning out – GET HELP NOW!!

For more detailed analysis and assistance contact:

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