

Am I Experiencing Burnout?

It's sometimes difficult to notice burnout, particularly if you've been struggling with it for a long time, or don't pay much attention to your own needs. It can also look and feel like depression (although depression is a different type of problem, which requires a different kind of treatment). Answering the questions below can give you an idea of whether it's worth arranging a professional assessment.

Does your work leave you feeling exhausted?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you lost the energy and enthusiasm you had for your job?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you ever appear uncaring, disinterested, or insensitive at work?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you started caring less about your clients or colleagues?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you think that nothing you do at work makes a difference?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you feel frustrated, disappointed, or disillusioned with your job?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you neglecting yourself (e.g., not taking time to rest, eat, or exercise)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have your family, friends, or colleagues noticed a change in your character?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you answered 'yes' to most of these questions, you may be struggling with burnout. You might find it helpful to speak to your family doctor or a mental health professional about how you're feeling.