

Do You Have Job Burnout?



Please answer the questions below using:

"Not At All"

"Rarely"

"Sometimes"

"Often"

"Very Often"

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 coworkers and team?
5. Do you feel misunderstood or unappreciated by your coworkers?
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 undue 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. Are you 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 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 job?
15. Do you find that you do not have time to plan as much as you would like to?

Score Your Answers

Score 1 — *“Not At All”*

Score 2 — *“Rarely”*

Score 3 — *“Sometime”*

Score 4 — *“Often”*

Score 5 — *“Very Often”*

Add up your total and check your result.

Score Interpretation

15-18 *No sign of burnout here*

19-32 *Little sign of burnout here, unless some factors are particularly severe*

33-49 *Be careful - you may be at risk of burnout, particularly if several scores are high*

50-59 *You are at severe risk of burnout - do something about this urgently*

60-75 *You are at very severe risk of burnout - do something about this urgently*

Contact Carebridge EAP to get assistance in dealing with any signs of job burnout.

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