Are You Facing Burnout? Checklist

Read the following questions and check the ones that seem most like you. Checks may indicate that you are experiencing symptoms of burnout. If so, consider what resources and steps you might take to improve your outlook and quality of life.

_____1. **Are you more irritable than normal,** i.e., do you show more frequent frustration and/or impatience with co-workers, friends or family members? Do you feel like you've got a short fuse?

_____2. **Do you experience greater exhaustion,** i.e., do you feel less energetic or experience physical symptoms such as headaches, loss of appetite, too tired to sleep, etc.?

_____3. **Have you self-isolated?** For example, have you limited interactions with other people, stopped participating in activities that you used to enjoy, spent more time withdrawn than usual—even when family is in the room, etc.?

_____4. **Are you getting sick more often?** For example, do you have more colds and body aches, seem to have allergies you didn't have before, etc.?

_____5. **Do you seem more accident-prone?** For example, do you drop things, trip or knock into items, etc.?

_____6. **Are you more forgetful?** For example, do you lose your keys, forget where you tucked something away for safe keeping, disappoint others by forgetting important dates, etc.?

_____7. **Do you take part in escape fantasies,** i.e., do you dream about a new job, want to run away from your responsibilities, consider going off by yourself with an open return date, etc.?

_____8. **Have you lost a sense of purpose,** i.e., do you feel apathetic or dissatisfied, wonder why you lack joy or motivation, procrastinate more than usual, etc.

What might help?

- Maybe it's time for a vacation—or even a stay-cation. Get away from work to clear your head and recharge your batteries.
- Talk with a dear friend about how they cope during challenging times—or reach out to your organization's EAP for professional support. A sounding board is often useful.
- Take time to exercise before or after work. Serotonin is released and mood improves.
- Make progress every day towards at least one item on your to-do list. A sense of achievement builds positive momentum.
- Re-visit the suggestions in Innolect's July post: *How to help Managers Take Steps to Overcome Burnout.*

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