



BURNOUT
WELLNESS

ORGANISATION

BURNOUT SELF-ASSESSMENT

Burnout doesn't happen overnight, it builds slowly through prolonged stress, overcommitment, and emotional exhaustion.

This Burnout Self-Assessment is designed to help you pause and check in with yourself.

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Instructions: Take a moment to check in with yourself using this quick checklist.

Rate how often you experience these feelings; using this scale:
1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always

I feel emotionally drained at the end of the workday

1	2	3	4	5

I feel cynical or negative about:

1. My work

1	2	3	4	5

2. My career

1	2	3	4	5

3. My life

1	2	3	4	5

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I find it hard to concentrate or complete tasks.

1	2	3	4	5

I feel detached from

1. Colleagues / Clients

1	2	3	4	5

2. Family / Relationship

1	2	3	4	5

I feel physically exhausted even after rest.

1	2	3	4	5

If you checked "3" and "5" on multiple items, it's time to book a consultation.



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BOOK A
CONSULTATION

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