



Burnout Self Assessment

Check in with Your Energy, Stress & Balance

What Is Burnout?

Burnout is a state of emotional, mental, and physical exhaustion caused by prolonged stress. It can manifest in various ways, such as:

- Feeling constantly drained or tired
- Overwhelmed by daily tasks
- Loss of motivation or interest
- Difficulty maintaining work-life balance

This worksheet helps you assess your current state.

Exhaustion Check

How often do you experience the following?

0 = Never | 5 = Always

- I feel physically drained
- I feel mentally exhausted
- I wake up tired even after rest
- I feel low energy throughout the day
- Small tasks feel like too much effort

Total Score: _____ / 25

Overwhelm Check

How often do you experience the following?

0 = Never | 5 = Always

- I feel like I have too much to handle
- I struggle to switch off my thoughts
- I feel constantly behind
- I get easily irritated or frustrated

- I feel emotionally overloaded

Total Score: _____ / 25

Work-Life Balance

How often do you experience the following?

0 = Never | 5 = Always

- I have time to relax and recharge
- I set boundaries around work/study
- I feel guilty when I rest
- My responsibilities take over my personal time
- I make time for things I enjoy

Total Score: _____ / 25

Reflection

What area feels most challenging right now?

- Exhaustion
- Overwhelm
- Work-Life Balance

Why?

Your Burnout Level

Based on your scores, how would you rate yourself?

- Low burnout
- Moderate burnout
- High burnout

How do you know?

Small Reset Steps

What is one small thing you can do today to support yourself?

- Take a real break (no phone/work)
- Get extra rest
- Say “no” to something
- Do something you enjoy
- Talk to someone
- Other: _____

Check-In With Yourself

Right now, I need more of:

Right now, I need less of:

Burnout is not a failure—it’s a signal. Your mind and body are asking for care, rest, and balance. Remember, ***“Rest is productive too.”***

Feel free to reflect and take small steps towards healing.