Workplace Strategies for Mental Health

Compliments of Canada Life

Am I at risk for burnout?

The following are statements that may indicate a risk of burnout. This isn't a diagnosis; it's a tool to assess your work-related stress.

Instructions Read the statements carefully and indicate how each of them resonates with you.	**1** Never	**2** Rarely	**3** Sometimes	**4** Most of the time	**5** All the time
1. I feel overwhelmed.	○	○	○	○	○
2. I feel under pressure.	○	○	○	○	○
3. I'm emotionally exhausted.	○	○	○	○	○
4. Even small things can irritate me right now.	○	○	○	○	○
5. I have a hard time maintaining boundaries.	○	○	○	○	○
6. I seem to be forgetting, losing or missing things.	○	○	○	○	○
7. I neglect my self-care.	○	○	○	○	○
8. I feel alone at work.	○	○	○	○	○
9. I am misunderstood at work.	○	○	○	○	○
10. I feel unsupported at work.	○	○	○	○	○
11. Work consumes most of my thoughts.	○	○	○	○	○
12. I feel empty about the work I do.	○	○	○	○	○
13. I feel unenthusiastic about work.	○	○	○	○	○
14. My workload is unreasonable.	○	○	○	○	○
15. I'm unhappy with my job.	○	○	○	○	○
16. I'm tired.	○	○	○	○	○
17. My work is underappreciated.	○	○	○	○	○
18. I lack job security.	○	○	○	○	○

Total: 0

Reset form

All 18 rows must be answered to ensure your total is accurate.



What now?

This isn't a diagnosis. These statements reflect the experience of burnout for some people. To seek clinical information on burnout please check with your health care provider.

What does my score say?

The scoring is based on how you ranked each of the statements from 1-5.

Once you are done add up your score (one point for each item in column one, two points for each item in column two, etc.) and check below for your results.

18-20

You report little to no signs of burnout. You have the opportunity to further prevent it.

21-35

You report signs consistent with burnout and should begin to take steps to reduce your risk.

36-49

You report significant signs consistent with burnout. We recommend speaking with your health care practitioner.

50+

You report serious signs consistent with burnout. Please speak with your health care practitioner and consider reaching out to family and friends for help and support.

For scores 18-50+

Whatever your results, please check out the **Prevent burnout** resource by searching for it on clwsmh.com.

What else can I do to support my well-being?

Have a look at **Resources for employees** by searching for it on clwsmh.com.

Please remember this tool is designed to assess your exposure to work-related stress. It's not to diagnose any symptoms or signs of work-related stress that you may be experiencing. Please speak with your health care provider if you feel you are at risk for burnout.

All references are on clwsmh.com.

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