



## **Burnout Self-Assessment**

### ***Possible Results***

#### **Excellent (Score 0-41)**

You are experiencing a normal response to life and handling stress well. You are not subject to burnout at this time.

#### **Very Good (Score 42-62)**

Though you may begin to experience a very mild amount of burnout signs. Use stress management techniques to prevent additional steps toward burnout.

#### **Borderline (Score 63-83)**

You may have a moderate amount of burnout. Your perspective may begin to be affected causing you to see issues as worse than they are. Be proactive in using stress management techniques.

#### **Be Concerned (Score 84-94)**

You may have a significant amount of burnout. Your perspective, positive attitude and sense of possibility may be limited. Your energy, stamina, and ability to function may be limited as well. Seek help from a friend or professional to gain perspective and to assist you in practicing stress management and stress reduction techniques.