Stress, Overload or Burnout Assessment

Over the years, our coaching firm has heard many professionals say, “I’m so burned out. Others demand and expect things I can’t control. And I demand the best from myself.” Stress can become overload and sustained overload (particularly when it involves people and organizations) can lead to burnout. Where are you on the stress, overload, and burnout spectrum? Take this nonscientific but revealing assessment below and if necessary, take action.

Directions:
1. Print out the form.
2. Circle the number that most closely describes which side of the list best describes you. For example, if you circle “1” beside optimistic about the future, you feel much more optimistic than you feel trapped. If you circle “5” you definitely feel trapped and don’t feel optimistic at all.
3. Add up the total and compare to the categories at the end of the assessment.

Optimistic about the future
I can work through this
A day off is a real boost
Energized - physically, emotionally, spiritually
I’m reasonably fun to be with
Feel up and can be animated
Enjoy talking about what I’m doing
Don’t mind answering phone or email
Aware of other’s encouragement
Talk positively about other people
Passionately engaged with projects and interests
Generally very open to people
Feel in control of work situations
I enjoy getting to my work
My hours at work seem reasonable
I’m a good worker
Decision-making is crisp and decisive
I calmly go through my day
I’m conscientious about what I do
I have healthy, everyday emotions
God feels near
I have a positive attitude to daily life
I know I play an important role
My memory is sharp
Not many aches and pains
I have no addictive or get away behaviors
I go to bed relaxed
I have interests and hobbies for time off
Generally positive

1 2 3 4 5

Don’t hold out much hope for tomorrow
I want to run
Even a holiday wouldn’t do it
Exhausted - physically, emotionally, spiritually
I’m no fun to be around
Feel down and it’s a performance
Talking to people is a chore
Hate to hear the phone ring or open inbox
Feel others have abandoned me
I’m critical of almost everyone
Indifferent to things I was interested in
Withdrawn from things I’m normally involved in
Feel others are just using me
Communication is diminished, flat or strained
People are an interruption
Work situations seem out of my control
Must push myself to do my work
There are never enough hours
My performance is way down
Hard time making clear decisions
Often feel worry, panic or sadness
Must push myself to care
My emotions seem all over the place
God feels distant and uninterested
It’s hard not to be completely negative
I feel worthless and useless
I often forget a lot of simple things
I need something to feel up or escape
My brain doesn’t seem to turn off
I just crash, no interest
More often than not, cynical

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