

Stress and Burnout

These questions have been designed to help you reflect on how you have been feeling. When answering these questions consider how you have been feeling the last 3 - 6 months. Reflect upon changes you have noticed and be honest with yourself.

Answer Yes [Y] - if this sounds like you

Score No [N] - if this does not sound like you

1. Feeling constantly exhausted and tired []
2. Feeling irritable and quick to get annoyed - short fuse []
3. Having less and less time for people even family and friends []
4. Experiencing difficulty in making decisions []
5. Increasingly harder to concentrate []
6. Feeling a sense of hopelessness - "Why bother" / "Who cares anyway" []
7. Finding it hard to remember simple tasks and requests []
8. Problems sleeping / Restless/ Frequent waking []
9. Starting the day feeling exhausted []
10. Frequently feel worthless []
11. Loss of enthusiasm or enjoyment in your work []
12. Change in appetite - eating more or less than is usual for you []
13. Overlooking your normal duties or responsibilities []
14. Feeling unappreciated most of the time []
15. Feeling burdened by responsibility and pressures []
16. Aware of accomplishing less and less in the time available []
17. Becoming highly preoccupied with details []

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| 18. Needing everything to be perfect | [] |
| 19. Increasingly unable to say no | [] |
| 20. Becoming overly fussy, dogmatic and inflexible - you just want things done your way | [] |
| 21. Aware you are driving yourself too hard at home/work or in life generally | [] |
| 22. Becoming cynical or hyper critical with friends and family | [] |
| 23. Losing a clear perspective on work or life | [] |
| 24. A growing sense of being 'out of control' in areas of your life | [] |
| 25. Increasing boredom with work, home life or life in general | [] |
| 26. Frequent physical pain - headaches, back aches, stomach cramps, mouth ulcers, diarrhoea, indigestion, allergies, skin rashes, accidents etc | [] |
| 27. Frequently feeling isolated | [] |