

# Burnout Worksheets

## 1. Recognizing Signs of Burnout

Rate the following statements on a scale from 0 (Never) to 5 (Always) based on your recent experiences.

- I feel tired even after sleeping or taking breaks. [ ]
- I find it hard to concentrate on my tasks. [ ]
- I feel detached from my work and colleagues. [ ]
- I experience physical symptoms like headaches or stomach issues. [ ]
- My work performance has decreased. [ ]
- I feel cynical or negative about my job. [ ]
- I am less interested in social activities or hobbies. [ ]
- I feel overwhelmed by my responsibilities. [ ]
- I have trouble sleeping due to work-related stress. [ ]
- I use food, alcohol, or drugs to feel better or to not feel. [ ]

Score: \_\_\_\_\_/50

## 2. Assessing Work-Life Balance

How often do you work beyond your scheduled hours?

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Do you feel like you have enough time for personal activities or relaxation?

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How do you feel about your workload?

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Can you disconnect from work during your off-time?

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### **3. Emotional Well-Being**

How would you describe your current emotional well-being?

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What coping strategies do you use to deal with stress?

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### **4. Creating a Burnout Recovery Plan**

Based on your responses above, identify areas that need attention and list actions you can take to improve your situation.

**Ways to Reduce Workload or Delegate Tasks:**

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## Activities to Enhance Emotional Well-Being:

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