

BURNOUT CHECKLIST

If you can check 5 or more, you could be heading toward burnout.

- I have regular difficulty concentrating and staying on task.
- I carry too much responsibility and feel like I'm drowning in work.
- My boss has completely unrealistic expectations of me.
- I worry about work long after the work day has ended.
- At the end of the work day I feel emotionally zapped.
- I often wake up dreading the thought of going to work.

- I often feel sad - not much seems to interest me anymore.
- It seems like everyone but me is having fun and enjoying relationships.
- Even after 8 hours of sleep I feel tired, and often wake up exhausted.
- I feel myself caring less for other peoples' needs.
- My fuse is much shorter, causing me to snap easily.
- My sex drive is disappearing or is gone altogether.
- I am no longer interested in social activities and rarely go out.
- Life generally seems pointless to me.
- I care less about my appearance and overall wellbeing.

- I get headaches or tightness in my neck, shoulders or back.
- I often binge drink or eat.
- I am often ill and always seem to catch anything going around.
- I often stay up too late working, gaming or surfing the web.
- I often feel the urge to drink or indulge in other forms of escapism.
- My family complains about not seeing enough of me.

Adapted from Dr. Eric Bakker's Guide to Burnout

<http://www.naturopath.co.nz/Articles/Adrenal+Fatigue+and+Stress/Are+You+Heading+For+Burnout.html>