

Burnout Self-Test

Instructions: For each question, place the corresponding number in the column that most applies.

Questions	Not At All (1)	Rarely (2)	Sometimes (3)	Often (4)	Very Often (5)
I feel run down and drained of physical or emotional energy.					
I have negative thoughts about my job.					
I am harder and less sympathetic with people than perhaps they deserve.					
I am easily irritated by small problems, or by my co-workers.					
I feel misunderstood or unappreciated by my co-workers.					
I feel that I have no one to talk to.					
I feel that I am achieving less than I should.					
I feel under an unpleasant level of pressure to succeed.					
I feel that I am not getting what I want out of my job.					
I feel that I am in the wrong organization or profession.					
I am frustrated with parts of my job.					
I feel that organizational politics or bureaucracy frustrate my ability to do a good job.					
I feel that there is more work to do than I practically have the ability to do.					
I feel that I do not have time to do many of the things that are important to doing a good quality job.					
I find that I do not have time to plan as much as I want to.					
Total					

Score interpretations (No matter your score, pay attention to areas you ranked a 5)

15-18: No sign of burnout.

60-75: Very severe risk of burnout.

19-32: Little sign of burnout.

33-49: At risk of burnout.

50-59: Severe risk of burnout.

SELF CARE ASSESSMENT

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days.

When you finish, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more in your life.

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). *Transforming the pain: A workbook on vicarious traumatization*. Norton.

Rate the following areas according to how well you think you are doing:

3 = I do this well (e.g., frequently)

2 = I do this OK (e.g., occasionally)

1 = I barely or rarely do

0 = I never do

? = This never occurred to me

PHYSICAL SELF CARE

___ Eat regularly

___ Eat healthy

___ Exercise

___ Get regular medical care for prevention

___ Get medical care when needed

___ Take time off when sick

___ Get massages

___ Dance, swim, walk, run, play sports, sing, or do some other fun physical activity

___ Take time to be sexual - with myself, with a partner

___ Get enough sleep

___ Wear clothes I like

___ Take vacations

___ Other:

PSYCHOLOGICAL SELF CARE

- ___ Take day trips or mini-vacations
- ___ Make time away from telephones, email and the Internet
- ___ Make time for self-reflection
- ___ Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings
- ___ Have my own personal psychotherapy
- ___ Write in a journal
- ___ Read literature that is unrelated to work
- ___ Do something at which I am not expert or in charge
- ___ Attend to minimizing stress in my life
- ___ Engage my intelligence in a new area, e.g., go to an art show, sports event, theater
- ___ Practice curiosity
- ___ Say no to extra responsibilities sometimes
- ___ I set boundaries
- ___ Other:

EMOTIONAL SELF CARE

- ___ Spend time with others whose company I enjoy
- ___ Stay in contact with important people in my life
- ___ Give myself affirmations, praise myself
- ___ Practice self-love
- ___ Read favorite books, watch favorite movies
- ___ Identify comforting activities, objects, people, places and seek them out
- ___ Allow myself to cry
- ___ Allow myself to feel intense emotions without avoiding them
- ___ Find things that make me laugh
- ___ Othe

SPIRITUAL SELF CARE

- ___ Make time for reflection
- ___ Spend time in nature
- ___ Find a spiritual connection or community
- ___ Be open to inspiration
- ___ Cherish my optimism and hope
- ___ Be aware of non-material aspects of life
- ___ Try at times not to be in charge or the expert
- ___ Be open to not knowing
- ___ Identify what is meaningful to me and notice its place in my life
- ___ I meditate
- ___ I pray
- ___ I sing
- ___ Have experiences of awe
- ___ Contribute to causes in which I believe
- ___ Read inspirational literature or listen to inspirational talks, music
- ___ Other:

RELATIONSHIP SELF CARE

- ___ Schedule regular dates with my partner or spouse
- ___ Schedule regular activities with my children
- ___ Make time to see friends
- ___ Call, check on, or see my relatives
- ___ Spend time with my companion animals
- ___ Stay in contact with faraway friends
- ___ Make time to reply to personal emails and letters; send holiday cards

- ___ Allow others to do things for me
- ___ Enlarge my social circle
- ___ Ask for help when I need it
- ___ Share a fear, hope, or secret with someone I trust
- ___ Other:

WORKPLACE OR PROFESSIONAL SELF CARE

- ___ Take breaks during the workday (ie., lunch, water break, brief walk)
- ___ Take time to chat with co-workers
- ___ Make quiet time to complete tasks
- ___ Identify and work projects or tasks that are exciting and rewarding
- ___ Set limits with colleagues
- ___ Ask for support when I need it
- ___ Arrange workspace so it is comfortable and comforting
- ___ Get regular supervision or consultation
- ___ Negotiate for my needs (benefits, pay raise, time off)
- ___ Have a professional peer group to get support from

OVERALL BALANCE

- ___ Strive for balance within my work-life and work day
- ___ Strive for balance among work, family, relationships, play, and rest

Other Areas of Self-Care that are Relevant to You

- ___
- ___
- ___

My Maintenance Self-Care Plan Worksheet

Consider what you do now for self-care and list those activities within each dimension of self-care on this worksheet (or you can add new dimensions at the end that represent other aspects of your life). Identify new strategies that you will begin to incorporate as part of your ongoing maintenance self-care plan — pay particular attention to domains that you have not been addressing in the past. On the last page identify barriers that might interfere with ongoing self-care, how you will address them, and any negative coping strategies you would like to target for change.

<p style="text-align: center;"><u>MIND</u></p> <p>Current practice</p> <p>New practice</p>	<p style="text-align: center;"><u>BODY</u></p> <p>Current practice</p> <p>New practice</p>
<p style="text-align: center;"><u>EMOTIONS</u></p> <p>Current practice</p> <p>New practice</p>	<p style="text-align: center;"><u>SPIRIT</u></p> <p>Current practice</p> <p>New practice</p>

My Maintenance Self-Care Plan Worksheet

<u>WORK</u>	<u>RELATIONSHIPS</u>
<p>Current practice</p> <p>New practice</p>	<p>Current practice</p> <p>New practice</p>
<p><u>OTHER: _____.</u></p> <p>Current practice</p> <p>New practice</p>	<p><u>OTHER: _____.</u></p> <p>Current practice</p> <p>New practice</p>

My Maintenance Self-Care Plan Worksheet

<p>Barriers to maintaining my self-care strategies</p>	<p>How I will address these barriers and remind myself to practice self-care</p>
<p>Negative coping strategies I would like to use less or not at all</p>	<p>What I will do instead</p>

(Adapted by Shirley Reiser, LCSW and Lisa D. Butler, PhD from materials provided by Sandra A. Lopez, LCSW, ACSW, University of Houston, Graduate School of Social Work.)