

Burnout Quiz

“Is it burnout?”

Here is a self-discovery quiz designed to help you assess whether you may be experiencing **burnout**. Your responses can provide helpful insights toward recognizing signs and taking action. This quiz is for gentle self-exploration and is not meant to be used as a diagnostic tool.

Instruction: For each statement, rate how often you’ve felt this way in the **past 2–4 weeks**:

Scoring:

- **0 – Never**
 - **1 – Rarely**
 - **2 – Sometimes**
 - **3 – Often**
 - **4 – Always**
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Emotional & Physical Exhaustion

1. I feel drained and exhausted even after a full night’s sleep.
 2. Small tasks feel overwhelming or like too much effort.
 3. I find myself emotionally numb or detached from things I used to care about.
 4. I feel physically tense, achy, or like I'm "running on empty."
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Mental Fog & Detachment

5. I struggle to concentrate, make decisions, or remember things.
 6. I feel cynical or negative about my work or responsibilities.
 7. I’ve lost motivation or passion for things I once enjoyed.
 8. I feel disconnected from the people around me (friends, co-workers, family).
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Self-Worth & Achievement

9. I feel like I’m not making a meaningful impact no matter how hard I work.
 10. I’m overly self-critical or feel like I'm failing—even when I’m trying hard.
 11. I rarely feel proud or satisfied with what I accomplish.
 12. I doubt my competence or value more than usual.
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Lifestyle & Coping

13. I avoid social interactions because I feel too tired or overwhelmed.
 14. I rely more on caffeine, sugar, alcohol, or other substances to get through the day.
 15. I've stopped doing things that used to bring me joy or peace (hobbies, exercise, etc.).
 16. I feel like I'm stuck in survival mode without time to breathe.
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Interpreting Your Score

- **0–15: Resilient Zone**
You're likely coping well. Stay mindful of your limits and keep healthy habits.
 - **16–30: Stressed Zone**
You may be experiencing moderate stress. Take steps to rest, reconnect, and rebalance.
 - **31–48: Burnout Watch Zone**
You're showing signs of burnout. Consider setting boundaries, seeking support, and making lifestyle adjustments.
 - **49–64: Burnout Likely**
High likelihood of burnout. Don't ignore the signs. It may be time to seek help—from a therapist, coach, or support system.
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Reflection Questions

- What part of my life feels most draining right now?
- When did I last feel excited or motivated—and what was different then?
- What would a *small* act of self-care look like for me this week?