

Burnout Risk Quiz

Answer the following 10 questions honestly based on your experiences over the past month.

For each question, give yourself the corresponding points:

- Never = 0 points
- Rarely = 1 point
- Sometimes = 2 points
- Often = 3 points
- Always = 4 points

Quiz Questions

1. 1. I feel physically and emotionally exhausted at the end of most days.
2. 2. I have difficulty concentrating or focusing on tasks.
3. 3. I feel detached or indifferent toward my studies or work.
4. 4. I have trouble sleeping or feel constantly tired.
5. 5. I feel unappreciated or unsupported by those around me.
6. 6. I frequently skip meals, exercise, or relaxation time to keep up with responsibilities.
7. 7. I feel irritable, anxious, or overly critical of myself.
8. 8. I struggle to find joy or fulfillment in things I once enjoyed.
9. 9. I feel overwhelmed by the amount of work or tasks I need to complete.
10. 10. I find it difficult to say 'no' when asked to take on more tasks or responsibilities.

Scoring

- 0–10 Points: Low Risk

Your risk of burnout is low, but it's always a good idea to maintain healthy habits to prevent future stress.

- 11–20 Points: Moderate Risk

You may be experiencing early signs of burnout. Focus on identifying stressors and implementing self-care strategies.

- 21–30 Points: High Risk

You are likely dealing with significant stress and may be close to burnout. Take immediate steps to reduce stress and prioritize your well-being.

- 31–40 Points: Severe Risk

You are likely experiencing burnout. Seek support from mentors, counselors, or health professionals, and take action to address your well-being.

Tips Based on Your Score

Low Risk (0–10 Points)

- Maintain Balance: Continue prioritizing self-care, such as regular meals, sleep, and exercise.

- Stay Connected: Lean on your support system, and take breaks when needed.
- Plan Ahead: Keep a calendar or to-do list to stay organized and reduce stress.

Moderate Risk (11–20 Points)

- Reflect and Adjust: Identify specific stressors and brainstorm ways to reduce or eliminate them.
- Practice Self-Care: Incorporate mindfulness, yoga, or short walks into your day.
- Set Boundaries: Learn to say 'no' to additional tasks when you're feeling overwhelmed.

High Risk (21–30 Points)

- Seek Support: Talk to a trusted friend, mentor, or counselor about what you're experiencing.
- Reevaluate Commitments: Assess your schedule and reduce non-essential tasks.
- Prioritize Rest: Dedicate time to rest and relaxation, even if it feels hard to step away.

Severe Risk (31–40 Points)

- Get Professional Help: Consult a mental health professional to create a plan for recovery.
- Take a Break: If possible, step back from responsibilities temporarily to focus on your health.
- Focus on Wellness: Consider journaling, therapy, or joining a support group to manage stress.