

## Burnout Prevention Assessment

This brief checklist has been designed to help you assess for yourself important ways to prevent burnout.

Do you have a full day off to do what you like?  
(5 - Weekly, 4 - Mostly, 3 - Frequently, 1 - Occasionally, 0 - Never)

Do you have time out for yourself to think, reflect, meditate and pray?  
(5 - Daily, 3 - Frequently, 1 - Occasionally, 0 - Seldom or never)

Do you have good vacations, about 3 - 4 weeks in each year?  
(5 - Every year, 3 - Some years, 1 - Occasionally, 0 - Never)

Do you do some aerobic exercise for at least half an hour at a time?  
(5 - 3 to 5 times a week, 3 - Frequently, 1 - Occasionally, 0 - Seldom or never)

Do you do something for fun or enjoyment Eg. Game, movie, concert?  
(4 - Weekly, 3 - Monthly, 1 - Occasionally, 0 - Never)

Do you practice any muscle relaxation or slow breathing technique?  
(5 - Daily, 3 - Frequently, 1 - Occasionally, 0 - Seldom or never)

Do you listen to your body messages (symptoms, illnesses, etc)?  
(5 - Always, 3 - Mostly, 1 - Occasionally, 0 - Seldom or never)

IF SINGLE: Do you have friends with whom you can share at a feelings level?  
(5 - Regularly, 4 - Frequently, 3 - Occasionally, 0 - Seldom or never)

IF MARRIED (or in relationship): how often do you share intimately?  
(5 - Daily, 3 - Frequently, 1 - Occasionally, 0 - Seldom or never)

Do you share your *stressors [cares, problems, struggles, needs]* with others & God?  
(5 - Regularly, 3 - Frequently, 1 - Occasionally, 0 - Seldom or never)

How would you describe your ability to communicate with others?  
(5 - Excellent, 3 - Fair, 1 - Difficult, 0 - Poor)

Do you sleep well (8-9 hours per night)?  
(3 - Frequently, 1 - Occasionally, 0 - Seldom or never)

Are you able to say "No!" to inappropriate or excessive demands on you ?  
(3 - Always, 2 - Mostly, 1 - Occasionally, 0 - Seldom or never)

Do you set realistic goals for your life, both long and short term?  
(5 - Regularly, 3- Frequently, 1 - Occasionally, 0 - Seldom or never)

Are you careful to eat a good balanced diet?  
(5 - Always, 3 - Mostly, 2 - Not often, 0 - A lot of junk food)

Is your weight appropriate for your height?  
(3 - Consistently, 2 - A battle to keep it down, 0 - Overweight)

How would you describe the amount of touch you get in your life?  
(5 - Plenty, 3 - Just enough, 1 - I miss out, 0 - I am rarely touched)

Can you deal with anger without repressing or dumping it on others?  
(5 - Always, 4 - Mostly, 2 - Occasionally, 1 - Rarely, 0 - Never)

Do you have a good "belly laugh"?  
(3 - At least daily, 2 - Frequently, 1 - Seldom, 0 - never)

Do you have a creative hobby time ( E.g. Gardening, reading, music)?  
(4 - Weekly, 2 - Occasionally, 1 - Rarely, 0 - Never)

Do you nurture your self-esteem (E.g. with self affirmations)?  
(5 - Regularly, 3 - Frequently, 1 - Occasionally, 0 - Rarely or never)

Do you practice forgiveness of others who have hurt you?  
(5 - Regularly, 3 - Occasionally, 1 - Rarely, 0 - Never)

Have you dealt with old hurts and "baggage" from the past?  
(5 - All that you are aware of, 3 - Most of it, 0 - A lot left yet)

## **Scoring**

Over 60 - You have a wide range of preventative measures in place.

Over 40 – You have adequate measures in place but should adopt more.

Under 30 – You should make adoption of some of these measures a priority.

*Source: <https://appliedpospsych.com/burnout-prevention-survey/>*