

## THE BURNOUT SURVEY

**Instructions:** Put a checkmark ( ✓ ) in front of the symptoms that fit you.

Take our short survey to determine whether you're just tired or jeopardizing your health.

### **Physical Symptoms:**

- Frequent tightness or pain in the neck/shoulders/back
- Frequent indigestion
- Frequent diarrhea, loose stool or constipation
- Pre-ulcer symptoms
- Frequent or severe headaches
- Rapid weight loss or gain
- Trouble falling asleep and/or staying asleep 8 hours
- Teeth grinding at night
- Tired or listless much of the time
- Difficulty waking up and getting going, wake up in a "cloud"
- Shortness of breath and/or rapid pulse beat

### **Spiritual & Emotional Symptoms**

- Loss of interest in most things but work
- Friends/colleagues/spouse say you need to slow down or rest more
- Have difficulty relaxing or feel guilty when trying to relax
- Generally feel nervous and unsettled
- Readily irritable and/or impatient
- Lost your passion and sense of excitement
- Difficulty coming up with creative vision
- Difficulty concentrating or making decisions
- Difficulty experiencing God's presence
- Previously conquered temptations are returning
- Tendency to seek more comfort in food/activities/spending, etc.

## **KEY**

### **0-8 items checked = Low**

No current risk of burnout. Your daily, weekly and monthly routines are offering you enough rest and renewal to prevent serious problems.

### **8-15 items checked = Moderate**

Experiencing moderate signs of burnout. Much of what you are doing is not providing enough relief from stress to truly renew or refresh you. Change is needed or serious health issues may ensue. This is not sustainable.

### **15-23 items checked = High**

High probability of burnout. Your daily, weekly and monthly schedule is depleting you. More and more of your effort is probably adrenaline fueled. You need to be evaluated by a professional.