Burnout self-check

Questions that help separate tiredness from burnout.

> This is **not a diagnostic instrument** and doesn't replace a conversation with a professional. Three or more yeses are a reason to talk to someone — a partner, a doctor or a therapist.

In the past month

- [ ] The weekend doesn't restore me — on Monday I'm just as empty.
- [ ] I feel resistance towards work that used to matter to me.
- [ ] I'm more cynical or indifferent towards people than before.
- [ ] I doubt my work means anything at all.
- [ ] My body gets ill or aches more often.
- [ ] I've dropped everything that isn't an obligation.
- [ ] I wake up tired even though I slept.
- [ ] I struggle to concentrate on things that used to come easily.

What next

How many boxes are ticked?

When did this begin?

Who will I talk to about it, and by when?