

The Burnout Quotient

Your Burnout Quotient (BQ) provides a snapshot of the level of your burnout and its impact on your life. Knowing your BQ allows you to recognize your feelings, take charge and take meaningful action.

1. How often does work interfere with your family life or personal time?

*mark only one

	1	2	3	4	5	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	All the time

2. I feel like my work actions are meaningless and have no impact on things I truly care about. I feel like I am constantly moving with no results.

*mark only one

	1	2	3	4	5	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	All the time

3. I feel as if I don't have enough time to accomplish all my tasks in one day (work/home/personal)?

*mark only one

	1	2	3	4	5	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	All the time

4. During the day, I have adequate time in my schedule to take care of myself (recharge, eat away from my desk, make self-care appointments, connect with loved ones)?

*mark only one

	1	2	3	4	5	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	All the time

5. I experience one or more of the following physical symptoms regularly (headache, fatigue, difficulty sleeping, weight gain or loss, blurred vision, gut pain, digestive issues, elevated blood pressure, other physical symptoms)?

*mark only one

	1	2	3	4	5	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	All the time

7. I experience one or more of the following emotional indicators regularly (feeling useless, irritability, cynicism, wandering mind, depressed, hating my job, anxiety, panic attacks, or resentment)?

*mark only one

	1	2	3	4	5	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	All the time

8. When I get anxious, stressed, or feel burnt out how frequently do you engage in any of the following to "calm my nerves" or cope : overeating, social media bingeing, shopping, extreme dieting, increased smoking, drinking (wine/liquor), drugs, increased sexual activity, or any "excess" behavioral choices?

*mark only one

	1	2	3	4	5	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	All the time

9. You often feel like you are drained at the end of the day and not sure that there is any purpose in what you are doing?

*mark only one

	1	2	3	4	5	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	All the time

10. I feel disconnected from those people, causes, or places that make me feel content or happy?

*mark only one

	1	2	3	4	5	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	All the time

11. It is important to me that if I take on a task or a role, that it is done perfectly all the time?

*mark only one

	1	2	3	4	5	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	All the time

12. I feel ineffective in my roles or feel like it takes me longer to get tasks done than it should?

*mark only one

	1	2	3	4	5	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	All the time

13. Total your scores for each question and find your range:

- **0-9** Burnout is not an issue
- **10-19** Stressors are developing, but you are managing
- **20-39** Intervene now burnout is beginning
- **40+** Critical Stage: Long Term Effects will occur without major changes in behavior, mindset, and situations

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Dr.BurnOut™