WORK STRESS AND BURNOUT

Burnout check-in

Notice the signs early and plan one change

Burnout builds slowly. You push through one more busy month, then another, until rest stops working. This check-in helps you notice where you are and what drains or restores you.

What burnout is

The World Health Organization describes burnout in ICD-11 as an occupational phenomenon. It results from chronic workplace stress which has not been successfully managed.

It has three parts. Exhaustion. Growing mental distance, cynicism or negativity about your job. A drop in your sense of doing your job well.

Burnout or depression?

The two overlap. Burnout centres on work. If low mood, hopelessness or loss of interest reach into the rest of your life too, speak to your GP or a psychologist.

This check-in is for reflection. It is not a diagnosis or a validated test.

How to use this sheet

1. Rate each statement for the past two weeks. 0 = not at all, 1 = sometimes, 2 = often, 3 = most of the time.
2. Add up each section. Notice which area scores highest.
3. Fill in what drains you and what restores you.
4. Choose one boundary or change to try this week. Keep it small and specific.

Tips

- ✓ Repeat the check-in every month and compare.
- ✓ Rest works best before you reach empty.
- ✓ Talk to your manager or occupational health about workload where it is safe to do so.

Want support with this? Joseph offers online therapy across the UK. **act-cognitive-therapy.com/start-therapy** or call or WhatsApp 0750 001 6004.

Important. This worksheet supports therapy. It does not replace it. If you feel unsafe or at risk, contact your GP, call NHS 111 and choose the mental health option, call Samaritans free on 116 123, or call 999 in an emergency.

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My check-in

Past two weeks. 0 = not at all, 1 = sometimes, 2 = often, 3 = most of the time.

Exhaustion

Section total: ____ / 12

I wake up tired, even after a full night's sleep.	0	1	2	3
I feel drained by the end of the working day.	0	1	2	3
Weekends and holidays no longer restore me.	0	1	2	3
Small tasks feel like a lot of effort.	0	1	2	3

Distance and cynicism

Section total: ____ / 12

I feel detached or numb about my work.	0	1	2	3
I feel irritable with colleagues or clients.	0	1	2	3
I care less about outcomes which used to matter to me.	0	1	2	3
I dread starting the working day.	0	1	2	3

Sense of doing well

Section total: ____ / 12

I doubt the value of what I do.	0	1	2	3
I make more mistakes than usual.	0	1	2	3
I struggle to concentrate on work tasks.	0	1	2	3
I feel I achieve little, no matter how hard I try.	0	1	2	3

What drains me

What restores me

One boundary or change I will try this week

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