

Exercise

Professional Version | US English

Am I Experiencing Burnout?



Description

'Burnout' is characterized by feeling emotionally drained, unmotivated, and ineffective as a result of prolonged stress during work. This can impact both performance and psychological well-being. The prevalence of burnout varies considerably by country and by profession: research suggests that around 18% of people struggle with high levels of burnout in some countries, and many more are at risk (Lindblom et al, 2006).

Burnout is usually seen as a work-related problem rather than a mental health condition. The ICD-11 (WHO, 2019) defines burnout as "a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions: 1) feelings of energy depletion or exhaustion; 2) increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and 3) a sense of ineffectiveness and lack of accomplishment. Burn-out refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life."

Am I Experiencing Burnout? is an indicative screening tool, designed to help clients self-assess whether their experiences might warrant further investigation. It is not intended to give a formal diagnosis or provide a measure of severity.

Instructions

Suggested Questions



Some people who worry a lot have a condition called burnout. Would you like to try a short quiz that could give us an idea of whether this problem troubles you?

References

Lindblom, K. M., Linton, S. J., Fedeli, C., & Bryngelsson, I. L. (2006). Burnout in the working population: relations to psychosocial work factors. *International Journal of Behavioral Medicine*, 13, 51-59. https://doi.org/10.1207/s15327558ijbm1301_7.

World Health Organization. (2019). *ICD-11: International classification of diseases* (11th revision). Retrieved from <https://icd.who.int/>

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It's sometimes difficult to notice burnout, particularly if you've been struggling with it for a long time, or don't pay much attention to your own needs. It can also look and feel like depression (although depression is a different type of problem, which requires a different kind of treatment). Answering the questions below can give you an idea of whether it's worth arranging a professional assessment.

Does your work leave you feeling exhausted?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you lost the energy and enthusiasm you had for your job?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you ever appear uncaring, disinterested, or insensitive at work?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you started caring less about your clients or colleagues?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you think that nothing you do at work makes a difference?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you feel frustrated, disappointed, or disillusioned with your job?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you neglecting yourself (e.g., not taking time to rest, eat, or exercise)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have your family, friends, or colleagues noticed a change in your character?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you answered 'yes' to most of these questions, you may be struggling with burnout. You might find it helpful to speak to your family doctor or a mental health professional about how you're feeling.

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