Am I Experiencing Burnout?
Take the burnout inventory to find out. Please check beside each statement what is true for you.
o More and more, I find that I can hardly wait for quitting time to come so I can leave work.

I feel like I am not doing any good at work these days.
o I am more irritable than I used to be.
o I'm thinking more abut quitting my job.
o Lately, I've become more cynical and negative
o I have more headaches, or backaches, or other physical symptoms that usual. o Often I feel hopeless, like "who cares?"
o I drink more now or take tranquilizers just to cope with everyday stress
o My energy level is not what it used to be. I am tired all the time.
o I feel a lot of pressure and responsibility at work or at home these days.
o My memory is not as good as it used to be.
o I don't seem to concentrate or pay attention like I did in the past.
o I don't sleep well.
o My appetite is decreased these days, or I can't seem to stop eating.
o I feel unfulfilled and disillusioned.
o I'm not enthusiastic about work as I was a year or two ago.
o I feel like a failure.
o I can't seem to make decisions as easily as I once did.
If you identified with several of these statements, you may be experiencing burnout. Help is available at The Rice - Lewis Clinic.

The - Rice - Lewis Clinic

5-51-11s os7C