

# HOW BURNT OUT ARE YOU?

Burnout comes when a person's level of stress outweighs the level of care they give themselves. This can come from a lack of a work/life balance often caused by a lack of boundaries, proper self-care, stress management techniques, and outside life stress. A good way to calculate your risk of burnout is through the use of credit and debts. Credits are things that reduce stress in healthy and meaningful ways and Debts are things that bring you stress and add to your mental load. Using the worksheet below, calculate your risk of burnout.

## CREDITS:

ONE POINT FOR THINGS THAT  
FIT YOU

- Taking breaks from work that include leaving the desk
- Taking lunches away from work
- Exercising or other physical self care
- Engaging in relaxing activities and hobbies
- Not working during off hours, holidays, weekends
- Setting and holding boundaries
- Minimizing stress triggers during the work day

## DEBTS:

ONE POINT FOR THINGS THAT  
FIT YOU

- Lack of sleep or sleeping too much
- Unusual fatigue or exhaustion
- Lack of healthy nutrition or irregular eating
- Headaches, stomachaches, or other negative physical symptoms
- Unusual lack of focus on tasks
- Dreading the workday
- Irritability or excessive frustration

WRITE YOUR POINTS IN THE APPROPRIATE BOXES BELOW

<input type="text"/>	—	<input type="text"/>	=	<input type="text"/>
CREDITS		DEBTS		

IF YOUR DEBTS OUTWEIGH YOUR CREDITS, YOU MAY BE AT RISK FOR BURNOUT OR OTHER MENTAL HEALTH PROBLEMS.

There are many other types of debts and credits and burnout looks different for everyone. This is a simple way to look at any imbalance that may be causing excessive stress and allow you to check yourself and help others check themselves.