

Stress and Burnout Questionnaire

This brief inventory has been designed to help you discover the warning signals of excessive stress. Relate the questions to your life over the last **3 -6 months**. Look particularly for **changes** in your ways of coping, not so much your normal behaviour.

Score 0 - for experiencing this only occasionally

Score 1 - This is true quite frequently (weekly)

Score 2 - This true often (usually daily)

- | | | |
|--|---|---|
| 1 Feeling constantly exhausted, tired or fatigued | [|] |
| 2 Becoming increasingly irritable with a shortening fuse | [|] |
| 3 Having less and less time for people, even family and friends | [|] |
| 4 Experiencing increasing difficulty making decisions | [|] |
| 5 Aware of increasing difficulty in concentration | [|] |
| 6 Feeling a sense of hopelessness, like <i>"Why bother? "; "Who cares anyway ?"</i> | [|] |
| 7 Chronic forgetfulness | [|] |
| 8 Regular sleep disturbance, wakefulness, never enough sleep | [|] |
| 9 Start the day feeling unrefreshed | [|] |
| 10 Frequent feelings of worthlessness | [|] |
| 11 Loss of enthusiasm or enjoyment of work | [|] |
| 12 Change in appetite; over-eating or loss of appetite | [|] |
| 13 Overlooking of normal duties or responsibilities | [|] |
| 14 Feeling unappreciated most of the time | [|] |
| 15 Feeling burdened by responsibilities and pressures | [|] |
| 16 Aware of accomplishing less and less in the time available | [|] |
| 17 Becoming excessively preoccupied with details | [|] |
| 18 Increasingly unable to say <i>"No!"</i> | [|] |
| 19 Becoming overly dogmatic, inflexible or <i>"fussy"</i> | [|] |
| 20 Aware that you are driving yourself too hard at work or home | [|] |
| 21 Becoming cynical or hyper-critical with friends and family | [|] |
| 22 Increasing boredom with work, homelife or life | [|] |
| 23 Losing a clear perspective on work or life | [|] |
| 24 A growing sense of being <i>"out of control"</i> in areas of life | [|] |
| 25 Frequent somatic symptoms such as:
Headache, chronic back ache, chest pain, abdominal cramps or wind, mouth ulcers,
diarrhea, indigestion, skin rash, persistent colds, allergies, sinusitis, accidents, etc
(1 point for each symptom) | [|] |

Total (50)	[	]
-------------------	---	---

Burnout Prevention Assessment

This brief checklist has been designed to help you assess for yourself important ways to prevent burnout. Record your score for each question (Note: some questions range from 5 to 0 others from 4 or 3 to 0)

- 1 Do you have a full day off to do what you like? []
(5 - Weekly, 4 - Mostly, 3 - Frequently, 1 - Occasionally, 0 - Never)

- 2 Do you have time out for yourself to think, reflect, meditate and pray? []
(5 - Daily, 3 - Frequently, 1 - Occasionally, 0 - Seldom or never)

- 3 Do you have good vacations, about 3 - 4 weeks in each year? []
(5 - Every year, 3 - Some years, 1 - Occasionally, 0 - Never)

- 4 Do you do some aerobic exercise for at least half an hour at a time? []
(5 - 3 to 5 times a week, 3 - Frequently, 1 - Occasionally, 0 - Seldom or never)

- 5 Do you do something for fun or enjoyment Eg. Game, movie, concert? []
(4 - Weekly, 3 - Monthly, 1 - Occasionally, 0 - Never)

- 6 Do you practice any muscle relaxation or slow breathing technique? []
(5 - Daily, 3 - Frequently, 1 - Occasionally, 0 - Seldom or never)

- 7 Do you listen to your body messages (symptoms, illnesses, etc)? []
(5 - Always, 3 - Mostly, 1 - Occasionally, 0 - Seldom or never)

- 8 IF SINGLE: Do you have friends with whom you can share at a feelings level? []
(5 - Regularly, 4 - Frequently, 3 - Occasionally, 0 - Seldom or never)

- 9 IF MARRIED (or in relationship): how often do you share intimately? []
(5 - Daily, 3 - Frequently, 1 - Occasionally, 0 - Seldom or never)

- 10 Do you share your *stressors [cares, problems, struggles, needs]* with others & God? []
(5 - Regularly, 3 - Frequently, 1 - Occasionally, 0 - Seldom or never)

- 11 How would you describe your ability to communicate with others? []
(5 - Excellent, 3 - Fair, 1 - Difficult, 0 - Poor)

- 12 Do you sleep well (8-9 hours per night)? []
(3 - Frequently, 1 - Occasionally, 0 - Seldom or never)

- 13 Are you able to say "No!" to inappropriate or excessive demands on you ? []
(3 - Always, 2 - Mostly, 1 - Occasionally, 0 - Seldom or never)

- 14 Do you set realistic goals for your life, both long and short term? []
(5 - Regularly, 3 - Frequently, 1 - Occasionally, 0 - Seldom or never)

- 15 Are you careful to eat a good balanced diet? []
(5 - Always, 3 - Mostly, 2 - Not often, 0 - A lot of junk food)

- 16 Is your weight appropriate for your height? []
(3 - Consistently, 2 - A battle to keep it down, 0 - Overweight)

- | | | |
|----------------------|--|------------------|
| 17 | How would you describe the amount of touch you get in your life?
(5 - Plenty, 3 - Just enough, 1 - I miss out, 0 - I am rarely touched) | [] |
| 18 | Can you deal with anger without repressing or dumping it on others?
(5 - Always, 4 - Mostly, 2 - Occasionally, 1 - Rarely, 0 - Never) | [] |
| 19 | Do you have a good "belly laugh"?
(3 - At least daily, 2 - Frequently, 1 - Seldom, 0 - never) | [] |
| 20 | Do you have a creative hobby time (E.g. Gardening, reading, music)?
(4 - Weekly, 2 - Occasionally, 1 - Rarely, 0 - Never) | [] |
| 21 | Do you nurture your self-esteem (E.g. with self affirmations)?
(5 - Regularly, 3 - Frequently, 1 - Occasionally, 0 - Rarely or never) | [] |
| 22 | Do you practice forgiveness of others who have hurt you?
(5 - Regularly, 3 - Occasionally, 1 - Rarely, 0 - Never) | [] |
| 23 | Have you dealt with old hurts and "baggage" from the past?
(5 - All that you are aware of, 3 - Most of it, 0 - A lot left yet) | [] |
| [Total (100)] | | [] |

Over 60 – You have a wide range of preventative measures in place.

Over 40 – You have adequate measures in place but should adopt more.

Under 30 – You should make adoption of some of these measures a priority.

Ideas to develop preventative strategies....