

WORKSHEET – Checklist for signs of burnout

Sign of Burnout	Intensity level 1-3 (3 being the most intense)
Exhaustion	
Dread of going to work	
Loss of focus during sessions	
Reduced effectiveness with clients	
Low energy	
Isolation	
Difficulty concentrating	
Increased substance use	
Loss of appetite	
Irritability	
Numbness	
Hopelessness	
Self-doubt	
Disconnection from others	
Insomnia	
Headaches	
Stomach pain	
Muscle aches	
Total number of intensity points	
(put in a level such as 1-10 mild 11-20 moderate 20+ severe	