



# Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND NATIONAL MENTAL HEALTH ASSOCIATION

513 Madison Avenue, 3<sup>rd</sup> Floor Covington, KY 41011 859-431-1077 or [www.mhanky.org](http://www.mhanky.org)

## ARE YOU BURNED OUT ?

If you are experiencing any of the below listed signs, check the box next to the appropriate item. Total the number of checks when you are finished.

### Physical Signs

- ☐ Feeling exhaustion and fatigue.
- ☐ Unable to shake a cold.
- ☐ Feeling physically rundown.
- ☐ Frequent headaches, possibly migraines.
- ☐ Frequent gastro-intestinal disturbances, possibly ulcers.
- ☐ Back and neck pain / problems.
- ☐ Heavier-than-normal perspiration.
- ☐ Excessive weight loss or gain.
- ☐ Sleeplessness.
- ☐ Shortness of breath.

TOTAL \_\_\_\_\_

### Behavioral and Psychological Signs

- ☐ Don't care about things anymore.
- ☐ Treating clients in detached / dehumanized ways.
- ☐ Resigned to a hopeless situation ; bored, resentful, disenchanted, discouraged, confused.
- ☐ Unable to tell why you are acting the way you are.
- ☐ Feeling futile and fed up and don't want to talk about it.
- ☐ Quick to anger, instantaneous irritation and frustration.
- ☐ Telling "war" stories, mean things you have done, how you "got on someone's case".
- ☐ Developing a suspicious attitude, an evolving paranoia.
- ☐ Feelings of omnipotence ; know it all, have been through it all.
- ☐ Taking too many risks, feeling like you almost have to do it; need to do something that is out of the ordinary even if what you do borders on dangerous.
- ☐ Excessive use of alcohol, marijuana, tranquilizers or other drugs.
- ☐ Taking a lot of short cuts in doing your job.
- ☐ Overly sarcastic.
- ☐ Avoid meeting clients and don't mind dull meetings.
- ☐ Enjoy playing destructive games with clients.

TOTAL \_\_\_\_\_

GRAND TOTAL : \_\_\_\_\_

The physical signs are typical of someone under distress and not coping adequately. Any check could be a warning sign. The behavioral and psychological signs usually indicate signals of stress. Checking five or more items indicates general dissatisfaction with life, burn out, or the approaching symptoms of burn out. A grand total of eight or more indicates serious health problems.