Am I Experiencing Burnout Self-Assessment

Women often balance many responsibilities across work, family, relationships, and daily life. Over time, sustained pressure and mental load can affect energy, motivation, emotional well-being, and overall health. Taking time to step back and evaluate how you are currently feeling can provide a helpful perspective on your level of stress and recovery. This assessment is designed to help you reflect on common signs of burnout and support more informed conversations about your well-being with your healthcare provider.

**Using a scale of 1–10, rate each item according to what best reflects your current experience (1 = not present or affecting life, 10 = severe and significantly affecting daily life).*

I feel **mentally or emotionally exhausted.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

I feel like I am **constantly trying to catch up.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

I have **very little time for myself to rest or recharge.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

My **responsibilities feel overwhelming.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

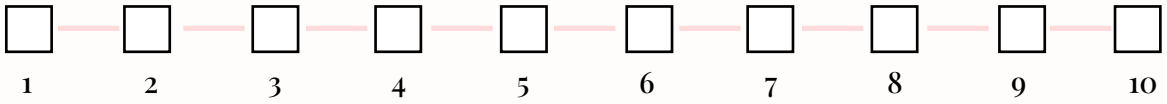
My **motivation or enthusiasm has decreased.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

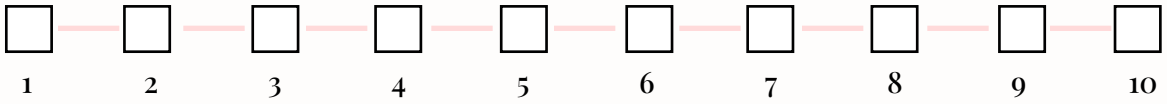
I feel **irritable, impatient, or easily frustrated.**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

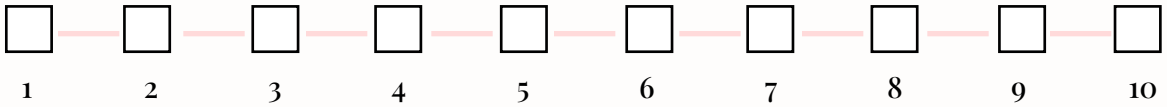
I find it **difficult to fully relax**, even when I have time.



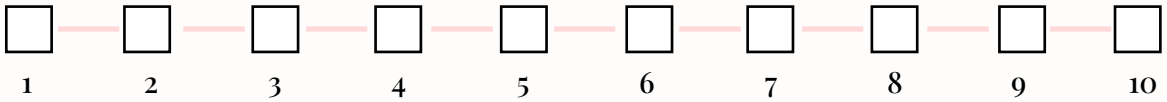
I feel like I am **carrying most of the mental load** in my life.



By the end of the day, I feel **emotionally drained**.



This level of stress is **affecting my overall well-being**.



Additional observations or details you'd like to keep in mind:

This self-assessment is designed to support personal reflection and informed conversations with your healthcare provider. It is not intended to diagnose or treat any medical condition. For medical advice, diagnosis, or treatment, please consult a licensed healthcare professional. For personal use only.

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