



The Burnout Warning Signs Check-In

Check any signs you've experienced in the past 3 months, then calculate your score for each category.



Physical Signs

- ☐ Chronic fatigue/exhaustion that doesn't improve with rest
- ☐ Frequent headaches or muscle tension
- ☐ Changes in sleep patterns
- ☐ Weakened immune system
- ☐ Physical exhaustion after minimal activity



Emotional Signs

- ☐ Feeling emotionally drained or depleted
- ☐ Increased irritability or mood swings
- ☐ Sense of dread about work or daily tasks
- ☐ Loss of motivation or enthusiasm
- ☐ Feeling detached



Cognitive Signs

- ☐ Difficulty concentrating or focusing
- ☐ Memory problems or forgetfulness
- ☐ Decreased productivity or performance
- ☐ Taking longer to complete routine tasks
- ☐ Mental fog or difficulty thinking clearly



Relationship Signs

- ☐ Withdrawing from friends and family
- ☐ Less patience with loved ones
- ☐ Feeling too exhausted for social activities
- ☐ Feeling isolated or alone
- ☐ Difficulty being present with others



Your Burnout Score

Category	Signs Checked	0-8 total signs: Few burnout indicators currently present 9-16 total signs: Several indicators present; considers areas needing attention 17-25 total signs: Many indicators present; additional support and reflection may be beneficial
Physical Signs	____/5	
Emotional Signs	____/5	
Cognitive Signs	____/5	
Workplace Signs	____/5	
Relationship Signs	____/5	
Total	____/25	

Call TFEC at 1-833-275-8332 for support to manage your burnout

