



BURNOUT SELF CHECK TOOL



MINDFUL PATH COUNSELLING

Burnout Self-Check Tool

“Am I burnt out... or just tired?”

Let's be honest, we all feel wiped out from time to time. But sometimes, the tiredness runs deeper. It's not just about needing a good night's sleep or a weekend off. It's that sense of *nothing changes, no matter what you do*.

This self-check is here to help you take a step back and look at what's really going on. It's not a diagnosis, more like a way to tune into yourself and get clearer on what you might need.

How to use this tool:

Look through the signs below and see what feels familiar. Be honest with yourself - not to judge, but to understand.

Likely signs of Burnout	Warning Signs to Watch	Signs of Usual Tiredness
You feel emotionally drained most days	You're more irritable than usual	You feel tired but bounce back after proper rest
Work feels pointless or overwhelming, even small tasks	You've started avoiding certain people or meetings	You can still enjoy things outside of work
You've lost interest in things you normally care about	You're less motivated and finding it hard to concentrate	Your energy levels dip but don't stay low
You feel physically exhausted, even after sleep	You're not sleeping well - too much or too little	A few early nights or a weekend off usually help



You keep pushing through, even though part of you feels numb	You've stopped doing small things that normally help	You can recognise when you need a break and take one
You feel like no one really understands how stretched you are	You're saying yes when you really want to say no	You still feel able to ask for help if you need it
You feel stuck in a loop of doing more, but never feeling it's enough	You're relying more on caffeine, sugar, or scrolling to cope	You might feel stressed, but it's not constant
You can't remember the last time you felt genuinely rested or present	You feel like you're always 'on' and never switch off fully	You can separate work from the rest of your life
You've thought about quitting, escaping, or just disappearing for a while	You're not enjoying the things that used to lift you	You know this tired spell will pass soon
You often feel like you're going through the motions	You're comparing yourself to others and feeling behind	You still have moments of motivation and confidence

Take a moment to reflect:

- Which of these signs sound familiar right now?
- What would you tell a friend if they ticked the same boxes?
- What might you need more of (or less of) right now?

You don't have to wait until you're completely burnt out to take action. The earlier you spot the signs, the easier it is to start shifting things.



What now?

If you've ticked several signs under the burnout column, or even a mix across the board, try not to panic. This tool isn't here to give you a label; it's here to help you notice what's been quietly building in the background. The next step isn't to overhaul your life overnight, but to get curious. What would it look like to make one small change this week? That might be booking in proper time off, setting a clearer boundary, asking for support, or even just acknowledging to yourself: *this is too much right now*. The more honest you are about where you are, the easier it becomes to start shifting things - gently, at your own pace.

Take your time with this. And if you feel stuck or unsure of what to do next, please do get in touch. We can work through it together.

