

# Are You At Risk of Burning Out?

A Self-Test for a Social Worker/Drug Counselor/Preventionist/School Counselor/Advocate

- 1) Are 10% or more of your hours unpaid? (consider work from home, or emails & phone calls outside of your regular work day)
- 2) Do you get weekly supervision of at least one hour per week?
- 3) Do you have a self-care plan?

The next four questions are in regards to sleep

- 4) Does it take more than 15 minutes for you to fall asleep at least 2x a week?
- 5) Do you wake up in the middle of the night at least 2x a week?
- 6) Do you sleep longer or shorter than you planned at least 2x a week?
- 7) Do you wake up and feel like you haven't had a restful sleep at least 2x a week?
- 8) Do other people get credit for your work?
- 9) Are you happy with your exercise routine?
- 10) Does your work schedule or stress cause problems with your family (parents, significant other, kids) at least twice a month?
- 11) Do you take an out-of-state vacation at least once a year?
- 12) Do you feel like you have neglected friends?
- 13) Do you feel like you have neglected hobbies?
- 14) Are you in therapy at least 2x a month?
- 15) Do you have conflicts (passive or aggressive) with co-workers at least 2x a month?
- 16) Do office politics interfere with your job?
- 17) Can you talk to someone about work stress other than your significant other?
- 18) Have you had a client or student die within the last year?
- 19) Do you know exactly what is expected of you at work?
- 20) Does your job cause you to compromise any of your values?

## Scoring guide:

+1 for yes: 1, 4, 5, 6, 7, 8, 10, 12, 13, 15, 16, 18, 20

-1 for yes: 2, 3, 9, 11, 14, 17, 19

-3 -- -7: You have a very good work-life balance and are a model for others

-2 – 3: A worker with good mental health and decent job satisfaction will fall into this range

4 – 5: Your job is a minor problem. Make a few tweaks to increase your health and possibly productivity

6 – 8: Your job is a major problem. You should talk to your supervisor and therapist about making some major changes

9 – 13: You should consider leaving your job in order to get your sanity back

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