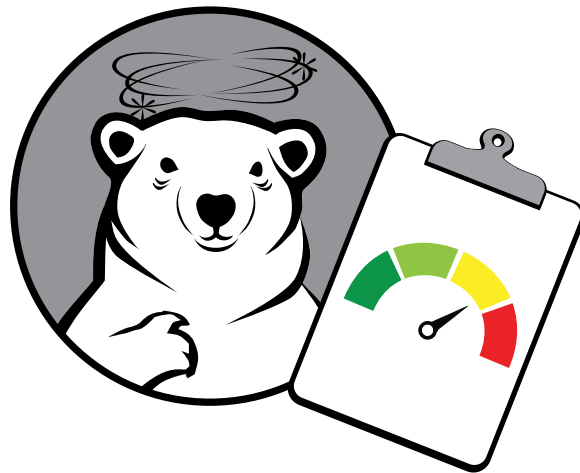




# Am I impacted by root causes of burnout?

Ask yourself these questions and rate yourself on how you are impacted by these drivers of burnout:<sup>1</sup>



	STRONGLY AGREE (1 PT)	AGREE (2 PTS)	NEITHER AGREE OR DISAGREE (3 PTS)	DISAGREE (4 PTS)	STRONGLY DISAGREE (5 PTS)
My treatment at work/school is fair.					
My workload is manageable.					
My role and expectations are clear.					
Communication and support from my supervisor/instructor is adequate.					
The time pressure is reasonable					

<b>5-10 POINTS</b> <b>LOW LEVEL</b> <b>OF BURNOUT RISK</b>	<b>10-15 POINTS</b> <b>MODERATE LEVEL</b> <b>OF BURNOUT RISK</b>	<b>15-25 POINTS</b> <b>HIGH LEVEL</b> <b>OF BURNOUT RISK</b>
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<sup>1</sup> Adapted from Gallup (2020). <https://www.gallup.com/workplace/288539/employee-burnout-biggest-myth.aspx>



Scan to find more Mental Health Resources.