

Breaking the Burnout Cycle

Questionnaire

Throughout the profession, individuals and teams continue to work harder than ever before, juggling new ways of working alongside feelings of burnout and fatigue. As emotional exhaustion sets in, performance can often decrease, fear of failure rises and we are more likely to make a mistake.

Join us this month for our interactive webinar session where you will have the opportunity to reflect, reset and give yourself a mental and physical health check to ensure you are rectifying any imbalances and taking steps to break the burnout cycle.

In preparation for the webinar, try this tool to help you check yourself for burnout. It helps you look at the way you feel about your job and your experiences at work, so that you can get a feel for whether you are at risk of burnout.

Instructions

For each question, click the radio button in the column that most applies, then add up your score and check your result using the scoring table underneath.

Statements and Scores	Not at all 1	Rarely 2	Sometimes 3	Often 4	Very often 5	SCORE
1. I feel run down or drained of physical or emotional energy	<input type="radio"/>	<input type="text"/>				
2. I have negative thoughts about my job	<input type="radio"/>	<input type="text"/>				
3. I am harder and less sympathetic with people than perhaps they deserve	<input type="radio"/>	<input type="text"/>				
4. I am easily irritated by small problems, or by my colleagues and team	<input type="radio"/>	<input type="text"/>				
5. I feel misunderstood or unappreciated	<input type="radio"/>	<input type="text"/>				
6. I feel that I have no one to talk to	<input type="radio"/>	<input type="text"/>				
7. I feel that I am achieving less than I should	<input type="radio"/>	<input type="text"/>				
8. I feel under an unpleasant level of pressure to succeed.	<input type="radio"/>	<input type="text"/>				
9. I feel that I am not getting what I want out of my job.	<input type="radio"/>	<input type="text"/>				
10. I feel that I am in the wrong organisation or the wrong profession.	<input type="radio"/>	<input type="text"/>				
11. I am frustrated with parts of my job	<input type="radio"/>	<input type="text"/>				
12. I feel that organisational politics or bureaucracy frustrate my ability to do a good job	<input type="radio"/>	<input type="text"/>				
13. I feel that there is more work to do than I practically have the ability to do	<input type="radio"/>	<input type="text"/>				
14. I feel that I do not have time to do many of the things that are important to doing a good quality job	<input type="radio"/>	<input type="text"/>				
15. I find that I do not have time to plan as much as I would like to	<input type="radio"/>	<input type="text"/>				
TOTAL SCORE						<input type="text"/>

Score Interpretation

- 15 - 18** No sign of burnout here.
- 19 - 32** Little sign of burnout here, unless some factors are particularly severe.
- 33 - 49** Be careful - you may be at risk of burnout - particularly if several scores are high.
- 50 - 59** You are at severe risk of burnout - do something about this urgently.
- 60 - 75** You are at very severe risk of burnout - do something about this urgently.

Note: This tool uses an informal approach to assessing burnout. While it may be intuitively useful, it has not been validated through controlled scientific tests and must therefore not be used as a diagnostic technique. Please, therefore, interpret the results with common sense. Also, make allowances for any recent events, such as COVID, that may have a disproportionate influence on your mood at the time you take the test.

If you have scored 35 or above and want to discuss your results further to identify steps and actions you can take to help break the burnout cycle, email Carolyn Crowe ccrowe@vds-training.co.uk

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By taking the time to press pause, identifying the areas for focus and take actions to rectify any in-balances, you are taking steps away from a reactive way of surviving, towards a proactive way of thriving.

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