

BURNOUT STAGE ASSESSMENT WORKSHEET

Identify where you are on the burnout spectrum and what your mind, body, and emotions need.

SECTION 1 — What Stress Looks Like for You Right Now

Describe the emotional, physical, and mental signs you're experiencing.

- Emotional signs (ex: irritability, sadness, detachment):

- Physical signs (ex: fatigue, tension, headaches, sleep changes):

- Mental/cognitive signs (ex: foggy thinking, forgetfulness, overwhelm):

SECTION 2 — The 5 Stages of Burnout

Read the descriptions and mark which one feels most aligned with your current experience.

Stage 1 — The Overloaded Achiever

You're functioning well but starting to push past your limits.

- This feels like me

Notes: _____

Stage 2 — The Depleted Helper

You are doing more than you can sustain emotionally or physically.

- This feels like me

Notes: _____

Stage 3 — Detached Exhaustion

You're withdrawing inward, feeling numb, disconnected, or on autopilot.

- This feels like me

Notes: _____

Stage 4 — The Collapsing System

Your coping tools aren't working; daily tasks feel heavier and more overwhelming.

- This feels like me

Notes: _____

Stage 5 — Burnout Shutdown

You feel emptied out, deeply fatigued, and unable to maintain your usual functioning.

- This feels like me

Notes: _____

SECTION 3 — What’s Draining You the Most Right Now?

List the major sources of stress or depletion.

- Emotional drains:

 - Physical drains:

 - Situational or environmental drains:

 - Relational drains:

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SECTION 4 — What Are the Early Warning Signs You Tend to Ignore?

(These are the cues your body gives before burnout worsens.)

Examples: irritability, fatigue, zoning out, headaches, detachment, crying spells.

- Warning signs I notice:

 - What I usually do instead of addressing them:

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SECTION 5 — What Does Your Body Need at This Stage?

Reflect on what supports you: rest, boundaries, routine changes, help, calm, connection, therapy, space, etc.

- My body needs:

- My mind needs:

- My emotions need:

SECTION 6 — One Small Supportive Action I Can Take This Week

Choose a gentle, realistic step.

- My supportive action:

- Why this matters right now:

SECTION 7 — If My Burnout Worsens, How Will I Know?

List the signs that tell you it's time to slow down, set a boundary, or reach out.

- Signs:

SECTION 8 — Who or What Supports Me?

Identify internal + external resources.

- People/resources that help:

- Internal strengths I can lean on:

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