

# Burnout Self-Assessment for Educators

*A mindfulness-based tool to check in with your emotional, physical, and mental wellbeing.*

## Instructions:

Read each statement and rate how often you've felt this way in the **past 2 weeks**, using this scale:

- 0 – Never**
- 1 – Rarely**
- 2 – Sometimes**
- 3 – Often**
- 4 – Very Often**

Take your time and be honest. This is not a test, it's a self-awareness check-in.

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## Emotional & Physical Exhaustion

1. I feel emotionally drained after my workday.
  2. I often feel tired, even after a full night of sleep.
  3. I feel overwhelmed by my responsibilities.
  4. I notice physical tension, like headaches, tight jaw, or neck pain.
  5. I find it hard to relax, even when I'm not working.
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## Mental & Cognitive Load

6. I have trouble concentrating or remembering things.
  7. I feel like I'm on autopilot throughout the day.
  8. I find it difficult to make decisions, even simple ones.
  9. I struggle to be present with family or friends after work.
  10. I have a hard time switching off my thoughts at night.
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## Connection & Motivation

11. I feel less motivated or inspired about teaching.
12. I sometimes feel emotionally distant from my students or colleagues.
13. I question whether my efforts are making a difference.
14. I find myself avoiding interactions or responsibilities.

15. I feel I'm not showing up as the teacher or person I truly want to be.

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### Scoring (Total out of 60):

Add your points from all 15 questions.

<b>Your Score</b>	<b>What it May Indicate</b>
<b>0–15</b>	Low stress. You're in a balanced state, keep nurturing yourself.
<b>16–30</b>	Early signs of stress. Start integrating gentle practices for nervous system regulation.
<b>31–45</b>	Moderate burnout. Your system is asking for deeper rest and boundary reinforcement.
<b>46–60</b>	High burnout. Please prioritise support, recovery, and reconnection, you're not alone.

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### Optional Reflection:

- a) What do you feel you need more of (or less of) right now?
- b) If your body could speak, what would it ask for?
- c) What's one small action you can take this week to care for yourself?