

BURNOUT WORKSHEET

Burnout happens when ongoing stress leaves you exhausted — emotionally, physically and mentally. It can happen when you're trying to handle too many things like work, school parenting, caregiving or other duties.

Do these sound familiar? Check off all that apply.

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Constant exhaustion, no matter how much you rest

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Struggling to focus, difficulty making decisions or making more mistakes than usual

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Feeling irritable, anxious or overwhelmed more often than not

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Frequent physical symptoms like headaches, digestive issues or muscle tension

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Loss of motivation or dread about doing tasks that used to excite you

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Being overwhelmed to the point you feel like you might break down

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Neglecting your health by putting eating habits, hygiene, sleep or movement on the back burner

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Avoiding friends, family or things that usually bring you joy because you don't have energy

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Feeling detached or emotionally numb

If you checked off several of the signs above, you may be experiencing burnout. Many of the signs of burnout are similar to signs of depression, but they aren't quite the same.

Monarch offers a variety of behavioral health services to support your mental wellness journey, including therapy, crisis care and tailored treatment plans. Contact us today at (866) 272-7826 to get started. Let us help you take the next step toward a healthier, happier you!