

Stress & Burnout Self-Check

Take a Moment to Check In

Many people push through stress without realising how much it is affecting their physical, mental and emotional wellbeing and ultimately the affect it has on all aspects of their lives and those around them.

This quick self-check can help you identify whether you're experiencing normal stress, elevated stress, or signs of burnout.

Instructions: For each statement, score yourself:

- 0 = Never
- 1 = Rarely
- 2 = Sometimes
- 3 = Often
- 4 = Almost Always

Section 1: Physical Signs

- ☐ I feel tired even after a full night's sleep.
- ☐ I struggle to get motivated in the morning.
- ☐ I experience headaches, muscle tension, or body aches.
- ☐ My sleep quality has worsened.
- ☐ I feel physically drained by everyday tasks.
- ☐ I get sick more often than usual.

Physical Score: ____ / 24

Section 2: Emotional Signs

- ☐ I feel overwhelmed by my responsibilities.
- ☐ I feel irritable or impatient with others.
- ☐ I feel anxious or worried much of the time.
- ☐ I feel emotionally exhausted.
- ☐ I struggle to enjoy things I used to enjoy.
- ☐ I feel discouraged or hopeless about the future.

Emotional Score: ____ / 24

Section 3: Mental Signs

- ☐ I find it difficult to concentrate.
- ☐ I feel forgetful or mentally foggy.
- ☐ My mind races and struggles to switch off.
- ☐ Small decisions feel harder than they should.
- ☐ I struggle to stay focused on tasks.
- ☐ I feel mentally exhausted by the end of the day.

Mental Score: ____ / 24

Section 4: Work & Life Impact

- ☐ I feel detached or disconnected from my work.
- ☐ I feel like I'm just "going through the motions."
- ☐ My productivity has dropped.
- ☐ I avoid tasks that I previously handled easily.
- ☐ I have less patience with family, friends, or colleagues.
- ☐ I rarely feel a sense of accomplishment.

Impact Score: ____ / 24

Your Total Score

Add all four sections together.

Total Score: ____ / 96

Understanding Your Results

0–24: Managing Well

You may be experiencing normal life stress, but your current coping strategies appear to be working.

Focus on:

- Maintaining healthy habits
 - Regular exercise
 - Good sleep routines
 - Taking regular breaks
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25–48: Elevated Stress

Your stress levels may be starting to affect your wellbeing.

Consider:

- Reducing unnecessary commitments
 - Setting clearer boundaries
 - Prioritising recovery time
 - Talking with someone you trust
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49–72: High Stress Risk

Your stress levels are significantly impacting your wellbeing.

Recommended Actions:

- Review your workload and responsibilities
 - Schedule recovery time immediately
 - Seek support from a coach, mentor, or healthcare professional
 - Prioritise sleep and self-care
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73–96: Burnout Warning Zone

You may be experiencing significant burnout symptoms.

Important:

- Take your symptoms seriously
 - Seek support from a healthcare professional
 - Reduce demands where possible
 - Focus on recovery before performance
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Reflection Questions

1. What is causing me the most stress right now?

2. What is one thing I need to say "no" to?

3. What helps me feel calm, energised, or restored?

4. What is one small action I can take this week to reduce stress?

5. Who can I reach out to for support?

Your Next Step

Awareness is the first step toward positive change.

If you'd like support creating healthier habits, improving work-life balance, navigating career decisions, or building a more fulfilling future, coaching can help you create practical strategies that work for your situation.

Reach out for an initial chat about how Reach Coaching might work for you.

This self-check is designed for personal reflection and is not intended to diagnose any medical or mental health condition.