

Burnout Quiz

For each question, score yourself from 1 to 5.

- 1: Not at all
- 2: Rarely
- 3: Sometimes
- 4: Often
- 5: Very Often

Do you feel run down and drained of physical or emotional energy?	1	2	3	4	5
Do you find that you are prone to negative thinking about your job?	1	2	3	4	5
Do you find that you are harder and less sympathetic with people than perhaps they deserve?	1	2	3	4	5
Do you find yourself getting easily irritated by small problems, or by your co-workers and team?	1	2	3	4	5
Do you feel misunderstood or unappreciated by your co-workers?	1	2	3	4	5
Do you feel that you have no one to talk to?	1	2	3	4	5
Do you feel that you are achieving less than you should?	1	2	3	4	5
Do you feel under an unpleasant level of pressure to succeed?	1	2	3	4	5
Do you feel that you are not getting what you want out of your job?	1	2	3	4	5
Do you feel that you are in the wrong organization or the wrong profession?	1	2	3	4	5
Are you becoming frustrated with parts of your job?	1	2	3	4	5
Do you feel that organizational politics or bureaucracy frustrate your ability to do a good job?	1	2	3	4	5
Do you feel that there is more work to do than you practically have the ability to do?	1	2	3	4	5
Do you feel that you do not have time to do many of the things that are important to doing a good quality job?	1	2	3	4	5
Do you find that you do not have time to plan as much as you would like to?	1	2	3	4	5

Score Interpretation

Score	Comment
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

Stress Management Techniques

Imagery

- imagine a pleasant situation, a beach or mountain scene, see the ocean and beach, smell or taste the salt, hear the waves crashing
- use imagery to imagine the outcomes of a performance or situation to prepare yourself for all eventualities
- imagine yourself being successful in your goals and it will bring more self-confidence

Meditation

- focus on your breath: counting the number of your breaths
- focus on an object, examine it and keep your entire attention on the object
- focus on a word (Ommm)
- focus on a mystical or spiritual passage (prayer of St. Francis)
- focus on a pleasant scene (similar to imagery)

Deep breathing

- Take 10 slow deep breaths and count the breath on the exhale and imagine yourself relaxing more on each breath

Jacobsen's progressive relaxation

- tense and untense muscles

Dr. Benson "relaxation response"

- start imagining your body relaxing one muscle at a time (feet, legs, thighs, etc.)

Yoga practice

Stress SWOT analysis

I. Opportunities:

- How can you draw on your strengths to help you manage stress?
- Are there people whose job it is to help you?
- are there people whose help you could call on?
- could you pay people to take on tasks you do not have time for?
- are you fully using the tools or assets you have available?
- could you use your skills and strengths in one area to help yourself in another area?

II. Weaknesses:

- What areas of stress did you notice from your stress diary?
- what situations create more stress for you?
- at what times does your negative voice become louder?

Put the two together: how can you use your strengths and opportunities to help you address your weaknesses?

Look at real world practical opportunities that would open to you if you took advantage of these opportunities to improve your stress management?

Likewise, what would be the consequences of not addressing your stress management challenges

Drink Tea

Black tea has been shown to have an effect on stress hormone levels in the body. Researchers in England have found that people who drink black tea de-stress more quickly than those drinking a fake tea substitute. Tea contains catechins, polyphenols, flavonoids and amino acids that affect your brain's neurotransmitters and ultimately reduce blood levels of the stress hormone cortisol

Go Nuts

Next time you feel a bit cracked up, forgo the junk food and snack on some nuts instead. Nuts are typically high in tryptophan and magnesium, two key nutrients that support serotonin production. And almonds are especially high in stress-busting B vitamins, zinc, vitamin E and antioxidants.

Rub Your Ears

"According to Ayurveda, India's 5,000-year-old 'science of life,' there are marma points—like acupuncture points—in the ears that correspond to the various parts of the body," says Lissa Coffey, author/producer of the [Doshu Yoga DVD](#). Simply rub the circumference of each ear—right hand on right ear and left hand on left ear—to instantly ease tension.

Take a Whiff

Aromatherapy has calming effects that can tame the tension in no time. Proven stress-reducing aromas include lavender, lemon balm, chamomile and geranium. Carol Duncan, a registered aromatherapist and owner of [Massage Central](#) says to place a few drops of essential oils on cotton balls and place them a few inches from fans or heater vents or underneath your car seat. "Each time air passes over the cotton ball, the essential oils are reintroduced to the area," she explains.

Pop a Vitamin C Pill

Researchers at the University of Alabama say that vitamin C reduces the levels of stress hormones in the blood, which may alleviate the body's response to stress. Studies suggest that 1,000 mg of vitamin C is most helpful.

Put on the Pressure

"Self-administer acupressure," suggests Susan Lark MD, a leading authority on integrative medicine and women's health. Put your left finger at the base of your skull, then move it down the width of one finger, and then move it to the left the width of one finger. Position your right finger in the same place on the right side. Press both points for one to three minutes. According to Dr. Lark, a second stress-busting point is located four finger-widths below your kneecap and one finger-width to the outside of your shin. (You should feel a slight indentation.)

Eat Berries

Blueberries, blackberries and other berries contain some of nature's most powerful antioxidants and are jam-packed with vitamin C, making them potent stress-busters. Stress causes the body to release free radicals—highly unstable oxygen molecules that can damage normal cells—and antioxidants help to neutralize those harmful molecules.

Strike a Yoga Pose

"When we get stressed, we tend to tense up and cave our chest in," says Lissa. She recommends folding your hands as if in prayer behind your back, then pulling your shoulders back, tilting your head back and breathing deeply.

Stretch for Balance

Another move that Lissa suggests is to sit in a chair with your left foot on the floor. Put your right ankle on your left knee and lean forward with a stretch. Hold it as far as you can go, then bend forward a bit more. Repeat on the other side. "This opens up your hips and balances that tensed up muscle feeling," she adds.

Reframe Your Thoughts

"Reframing simply means putting a different context around the situation," says Jay Winner, M.D., author of *Take the Stress Out of Your Life*. For example, Winner suggests thinking of time spent in a long line as a break from a busy day—a chance to relax your mind or meet someone new like the person standing next to you. A positive spin can counteract the stress-induced physiological changes that wreak havoc on your body.

Crave Complex Carbs

Complex carbohydrates boost serotonin levels and keep a heightened sense of calm and relaxation for a longer period of time. Target carbs include whole-grain foods and cereals—such as whole-grain breads, oats and brown rice—as well as legumes such as peas, beans and lentils.

Take 10

Brian Jump, multi-day tour sales manager for [Arizona Outback Adventures](#), breaks the tension of his long days by doing 10 jumping jacks, push-ups or anything that gets the blood flowing through the body. "This helps to release endorphins, which are a natural stress reliever," he says.

Laugh Out Loud

According to a University of California, Irvine study, even the expectation of a laugh boosts stress-busting hormones and increases hormones that induce relaxation—an effect that can last for up to 24 hours. Read a comic strip, check out the joke of the day or make funny faces in the mirror until you bust out with a belly laugh.

Eat "Good Mood" Foods

Certain foods contain compounds that may help the body produce mood-boosting neurochemicals. Dr. Lark, who's also author of [Dr. Susan Lark's Hormone Revolution](#), says the following foods have been shown to produce a noticeable calming effect: turkey (high in tryptophan, taurine and B6); pumpkin seeds, spinach and black beans (all high in magnesium); papaya (high in vitamin C); and bananas (high in potassium).

Be in the Moment

Focus on what's right in front of you, using your senses to connect with the environment. Dr. Winner suggests, for example, taking 10 seconds to smell the aroma of the food you're eating and savor its taste. "Take a few steps and let go of thoughts, feeling the ground massaging your feet with each step," he adds.