

## Are You Experiencing Burnout or Secondary Trauma?

1. Have you felt burned out from your work?  Yes  No
2. Have you worried that your work is hardening you emotionally or felt cynical toward your work or clients?  Yes  No
3. Have you often felt down, depressed, hopeless, or wondered what was the point of it all?  Yes  No
4. Have you fallen asleep unexpectedly or when you didn't want to such as when you were driving?  Yes  No
5. Have you felt overwhelmed, as if there is too much to do and that completing all the tasks is impossible?  Yes  No
6. Have you felt anxious, depressed, irritable, or easily angered?  Yes  No
7. Has your physical health declined, or have you been ill more frequently?  Yes  No
8. Do you feel your work is important and that it matters?  Yes  No
9. Do you find yourself simply wanting to escape your reality such as by reading a lot of fiction, binge watching shows, surfing the web, alcohol or drugs or other addictive behaviors (such as shopping or eating to ease difficult emotions)?  Yes  No

A single yes answer can indicate signs of burnout; multiple yes answers can indicate full-fledged burnout. Note: Question 8 is reverse scored. A "no" is a "yes" for the purpose of determining the presence of burnout.

### Symptoms of Burnout

Burnout feels as if you have nothing left to give. Typical symptoms include:

- Emotional exhaustion (fatigue)
- Depersonalization -- cynicism
- Low sense of accomplishment (even in someone who accomplishes a great deal)



### Secondary Trauma

Secondary trauma can manifest by itself or together with burnout as the result of exposure to traumas other people are experiencing. Symptoms of secondary trauma are similar to those of PTSD and can include:

- Involuntarily re-experiencing the incident(s) (intrusive thoughts about it)
- Avoidance of triggers or the emotions brought up by exposure
- A sense of being constantly on guard (hyperarousal); inability to relax
- Emerging or worsening unhealthy habits of thoughts
- Increased negative emotions



If you are experiencing either burnout or secondary trauma, consulting a mental health professional and developing healthy habits of thought (which you can work on by yourself, or with peers, friends, family, or a therapist) will help restore you. Healthy habits of thought reduce the amount of stress you experience without requiring the situation to change.