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The Burnout Quiz

- Do you feel a sense of overwhelm or anxiety when you wake up in the morning?
- Have you been snapping at your loved ones and colleagues more than usual?
- Do you feel overly emotional - all the time?
- Do you find yourself getting stressed over the little things?
- Do you wake during the night and find it hard to get back to sleep?
- Are you experiencing increased difficulty in making decisions?
- Do you feel emotionally detached from life and lack the motivation to engage in activities you normally find meaningful?
- Are you easily distracted and often forgetful?
- Do you feel run down and drained of physical and emotional energy?
- Do you feel dissatisfied or disillusioned with your work or other responsibilities?





If your answers are mostly **YES**...

You're at the brink of burnout or experiencing burnout. 'Burnout' is defined as being in a state of mental, physical, and emotional exhaustion. You may feel unable to cope with the daily demands of life, or feel increasingly hopeless.

To regain balance and achieve a healthy sense of well-being, you need to develop clear strategies to help manage your stress. Start by thinking about what you can do to create change. This reflection is helpful in identifying what's important to you and what you value the most. This may involve a reevaluation of priorities.

If your answers are mostly **NO**...

Firstly, it's important to acknowledge you're doing extremely well among life's chaos! Sustainability is key here, so take the time to journal your thoughts, focus on gratitude, and be mindful of the early signs of burnout. By taking a proactive approach, you can avoid stress and continue on the path to balance, calmness, and overall well-being.

The **G.L.A.D** Technique

G.L.A.D is a simple strategy to help you find **joy and balance** everyday, regardless of the above result. Set aside some time at the end of the day and reflect on the following:

G - Gratitude: What were you grateful for today?

L - Learning: What did you learn today?

A - Accomplishment: What accomplishments did you achieve?

D - Delight: What brought you joy, or made you smile?

Paying attention to these positive aspects of life will assist with promoting happiness, self awareness, and balance within you.

Need further tips and advice? Reach out to me via the QR code for a **FREE 30 minute Clarity Call**.

