

The BURNOUT QUEENS

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BURNOUT > BALANCE > BLISS

Simple Symptom Checklist for Burnout

This Simple Symptom Checklist is meant to get YOU to take YOU seriously. Simply check off the symptoms that you have been noticing over the last 3-6 months. There is no 'right' equation. Just answer them honestly as they reflect your own unique experience.

Emotionally: Have you been feeling more...?

- loss of control
- impatience
- fear/anxiety
- irritability
- tenseness
- frustration
- apprehension over the future
- powerlessness to change
- hopelessness
- feelings of panic
- critical of self and others
- anger
- sadness
- like escaping or running away
- loneliness
- aloneness
- emptiness
- depression

Physically: Have you been experiencing more...

- change in appetite (up or down)
- change in sleep patterns (sleeping more, sleeping less, waking intermittently, waking early)
- physical aches and pains (joints or muscles)
- muscle tension
- headaches
- gastrointestinal upsets (constipation, diarrhoea, heartburn, reflux, indigestion, stomach aches, nausea)
- crying jags
- fatigue/exhaustion
- falling asleep on the spot (uncontrollable/narcoleptic napping)
- clumsiness and/or being accident-prone (bumping into things, falling, dropping things, cutting yourself, etc.)
- heart racing, fluttering, or bumping
- shaky hands
- trembling

Mentally, have you noticed...

- a lack of concentration
- a sense of over-focus or intensity
- an inability to focus
- a sense of urgency
- being 'at war' with time
- more forgetfulness
- thoughts that won't go away
- forgetting words, names, or losing your place
- difficulties problem solving
- can't make decisions
- thoughts of running away
- thoughts of suicide or disappearing
- wanting to 'rush' at things, but not being able to get going
- avoiding people, places, or tasks
- procrastination increasing
- feeling like you are stuck in a revolving door

This is simply a checklist of symptoms, some of which you may not have been aware are connected to burnout. You don't need to add up any score for these questions.

If you are seriously concerned about the number of symptoms you have noticed, the severity of any symptom in particular, or if you have a cluster of physical symptoms, schedule a checkup with your doctor (*yes, even if you do not have the time*) and take your Simple Symptom Checklist with you as a reference.

Burnout compromises the quality of your health and life...but it doesn't have to stay that way!



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