

Erin
STAFFORD

BURNOUT POP QUIZ

Assess your life so you can thrive again!
Curious? Take the quiz.

Burnout shows up in an alarming number of ways.

It's a cunning thief that robs the world of its best and its brightest by feeding on our energy, enthusiasm, and passion, transforming these positive qualities into exhaustion, frustration, and disillusionment.

You may be someone that thinks burnout only happens to other people, but the truth is burnout is incredibly deceiving, often lurking just underneath the surface, waiting to attack when you least expect it. And it takes a lot of time, effort, money, (and often tears) to pull yourself out.

It's helpful to take a holistic look at all the areas of your life to get a pulse-check on your stress level. In this assessment, I've outlined six areas of life. Obviously there are others, but the answers to these questions should give you a good idea about your current level of burnout.

It's important to understand where you are now, so you can address it and move past burnout to thriving again on the other side.

Go get a pen right now and take a few minutes to review the list of symptoms below. Put a check mark next to every one you're currently experiencing. Then, add up your check marks and review the results below.

HEALTH

- Trouble sleeping
- Racing thoughts
- Constant exhaustion
- Change in diet
- Using food/alcohol/drugs to cope
- No energy
- Skin issues like rosacea, eczema, or dermatitis that won't go away
- Irritability
- Depression
- Bloating
- Constipation/diarrhea
- Auto-immune issues
- Low energy level
- Brain fog
- Trouble focusing
- Regularly losing your train of thought
- Scatterbrained
- Forget why you walked into a room
- Anxiety
- Apathy
- Crying regularly
- High blood pressure
- Heart disease/attack
- Cancer
- Infertility
- No motivation to exercise
- Binge eating
- Regular headaches
- Muscle tension
- Eating poorly
- Drinking too much

WORK

- Zoning out
- Missing deadlines
- Getting written up
- Phoning it in
- Not contributing during meetings or calls
- Quiet quitting/doing the bare minimum
- Online but not present
- Not responding to emails
- Abdicating responsibilities
- Over-delegating to team
- Letting other people respond to group emails
- Joining calls late
- Failed projects
- Losing your job
- Feel like all you do is work yet don't accomplish enough
- Detaching from work
- Cynical about work and colleagues
- Lack creativity

FAITH/SPIRITUALITY

- Feeling hopeless
- There is no purpose to life
- Isolating yourself from your spiritual community
- No time for prayer/meditation/spiritual practice
- Thinking your higher power doesn't love you/has forgotten you/isn't hearing your prayers
- Don't find joy in your spiritual practice anymore
- Feel like your spiritual guide has abandoned you
- Feel like your spiritual guide is far away from you
- Experiencing spiritual doubt

FAMILY AND FRIENDS

- Sabotaging relationships
- Isolating yourself
- Picking fights
- Hypersensitive
- Not making time to see loved ones
- Regular disagreements
- Lack of sex drive
- Unpassionate sex
- Aversion to physical affection
- Neediness
- Resentful of doing things for your partner
- Everything your partner does annoys you
- Every conversation turns into a fight
- Missing special events
- Not present with your kids
- Snapping regularly
- Stopped confiding in your family/friends, thinking they don't understand
- You take care of everyone, but they don't take care of you

FINANCES

- Spending money frivolously
- Overspending on coffees and meals out
- Ignoring budgets
- Paying bills late
- Gambling
- Making risky investments beyond your means
- Projecting a lifestyle you can't sustain
- Keeping up with the Joneses
- Getting loans for things you can't afford
- Racking up credit card debt

FUN

- Nothing feels fun anymore
- Feeling like you have no time for fun
- Thinking everyone else is having fun except you
- Even when you make time for fun, you don't enjoy it
- Resentful of those having fun
- Envious of other people's lifestyle
- Unable to relax
- Not taking time off for vacations/down time
- Unable to disconnect
- Feel guilty for having fun/taking time off
- Always feel like you have to be accomplishing something
- Regularly checking your emails while outside of work hours
- Spending too much time on social media

Results

0 to 33 – The Shallow End

Count your blessings, my friend, you're in far better shape than most. You may feel great in some areas and a little iffy in others, but overall, you're doing well and managing your stress. But it's a slippery slope and only takes one hard thing to bump you up to the next level, so I commend you for taking the time to learn new tools to prevent burnout before it becomes a bigger problem in your life. Of the six life areas detailed above, which one has the highest score? That is where to focus first. Try to incorporate a minimum of one to two of the mindset shifts into your life to keep you from burning out.

34 to 67 – The Wakeup Call

Think of this as your wakeup call at some ridiculously early hour of the morning. You're in trouble, and it's time to make some serious changes in your life. Stress is starting to consume your life, and you're likely seeing physical manifestations of it. Your work and your relationships are suffering. It is painful and not a fun place to live. You know that this isn't how you want to feel but aren't sure what to do or where to start. Aim to incorporate at least three to four of the mindset shifts into your life to prevent you from ending up in the danger zone.

68 to 100 – The Danger Zone

This is the danger zone, and, sadly, a young Tom Cruise isn't coming to rescue you by putting you on the back of his motorcycle and driving off into the San Diego sunset. It will more likely be an ambulance ride strapped to a gurney with the blare of sirens taking you to the hospital. All six of the areas detailed in this assessment are hurting bad. Your body and mind are in agony. It's excruciating and no way to live your life. But there is a way out and it's possible to break free from this burnout prison. Aim to incorporate all of the five mindset shifts into your life. You're in hot water, and change is needed immediately.

Mindset Shift Summaries

MINDSET SHIFT #1

Decode Your Flow

Instead of mastering everything no matter what, shift your focus to strict and methodical selection of how you spend your time.

MINDSET SHIFT #2

Release the Reins

Instead of micro-managing and controlling everything, shift your focus to empowering others to drive longevity.

MINDSET SHIFT #3

Pivot Like a Pro

Instead of staying the course no matter what and being destination focused, employ a new way of thinking to pivot and move with agility.

MINDSET SHIFT #4

Slow Down to Speed Up

Instead of sprinting and maxing out each race, shift your thinking to methodical marathon planning.

MINDSET SHIFT #5

Take a Victory Lap

Instead of the constant go, go, go, win, what's next mentality, shift your thinking to enjoying the moment, showing gratitude and truly savoring the wins.

To learn more about each mindset shift and get tools to help put each one into action, download my free burnout toolkit at www.erinstafford.com/resources. Don't forget to follow me on Instagram [@erinstafford](https://www.instagram.com/erinstafford) or LinkedIn [@erinstafford](https://www.linkedin.com/company/erinstafford) for more tools and tips to prevent and overcome burnout.