Executive Fatigue And Burnout Quiz

Executive fatigue and burnout is on the rise. Shouldering huge responsibilities and a relentless pressure to achieve, executives and senior professionals are pushed to the limit by expectations from others—and often their own desire to succeed. Working in this way has become the norm—yet no-one is a robot. Human beings are not designed to work at this pace all of the time.

Burnout doesn't happen overnight. It builds up over months or even over a few years. It's easy to overlook the early warning signs. Fatigue and tiredness are dismissed as working too many hours. Irritability with family and friends is put down to stress. Anxiety is considered an outcome of juggling too many balls. But is it just this? Or are these signs and symptoms of a burnout? Complete this quiz to identify if it's time for you to take action.

Score each sign and symptom out of 10. A score of 10 means you recognise this as true for you virtually all of the time. A score between 0—2 indicates it never or rarely true for you.

1	**WEARINESS.** Lacking in motivation. No sense of joy in your work. Disillusionment. Virtually all professionals overwork which can result in these feelings. However, these should be fleeting. Weariness day-in day-out is a warning sign. Look back over the last 2 months, score your weariness out of 10 during this time and not just how you feel today.	your score
2	**EXHAUSTION.** Feeling extreme fatigue. Everything seems like a big effort—it's like walking through treacle. Getting through each day takes a huge effort. Score your exhaustion out of 10.	your score
3	**POOR SLEEP.** Difficulty in falling asleep, or frequent awakenings, or tossing and turning whilst asleep. No matter how you experience poor sleep, when you wake up you feel tired. Mark yourself not just for last night, but what you are regularly experiencing. A score of 10 would indicate only getting a few-hours of sleep a night and having real difficulties getting out of bed in the morning.	your score
4	**SUGAR CRAVINGS.** Irresistible desire for sweet and starchy food. Stress creates biological changes releasing adrenalin and cortisol into your blood stream. This is to prepare the body for the flight or fight response. In turn, this creates cravings for instant energy food such as; biscuits, cake, crisps, chocolate or sweets. Although we rarely need to run or fight in response to stress today, our body still reacts as if this was so. Score your sugar cravings according to the intensity of your desire to eat sweet/starchy food or drink sweet/fizzy drinks.	your score

5	**ANXIETY.** A bewildering anxiety that makes little sense to you. You know what you need to do, but the overwhelm is paralysing. A fear of not being good enough might arise. Fear that your job performance is slipping, and worrying it will be noticed. Score the anxiety you are feeling about your work-life.	your score
6	**BRAIN FOG.** Often a result of all of the above, brain fog shows itself as inability to concentrate. Impaired decision making. Forgetfulness. Brain fog feels awful. Score your inability to focus and concentrate over the last week.	your score
7	**UNABLE TO UNPLUG.** Constantly checking emails and text messages. Easily distracted by social media. Taking and making calls at home. How easily can you unplug out of hours or whilst on holiday? Do you feel worried that you might miss something if you're not constantly checking-in? Score this on your inability to ignore your mobile phone and emails when not officially working .	your score
8	**SELF-MEDICATING.** To counter fatigue and exhaustion, do you use tea, coffee, energy drinks, or alcohol, or over the counter/recreational drugs to get you through the day? This is an excessive caffeine intake and feeling that you *need* an alcoholic drink when you get home. The use of drugs to help you get through the day, indicates an immediate intervention. If this is difficult to score, consider how bereft you would feel if these weren't available to you.	your score
9	**LIBIDO & SEX.** Has your libido dropped? Simply too tired for sex? Or are you using sex to get a high to finally drop into a deep sleep? Healthy libido levels vary greatly. A score of 10 may indicate a previous desire for sex 2–3 times a week down to once every 4–6 weeks. There may be other reasons for a change in libido—but score this on how you feel work stress has contributed to this.	your score
10	**ACHES & PAINS.** Prolonged stress can increase inflammation in the body. This can lead to chronic aches and pains that seemingly have no cause. Inflammation caused by stress is aggravated with an increased intake of sugar, caffeine and alcohol. Score this on constancy of your aches and pains – rather than the level of pain you are experiencing today.	your score

TOTAL YOUR SCORES – THEN CHECK BELOW.

Less than 40. Keep an eye on your stress levels. Work on areas where you scored 4+.
Between 40–60. Fatigue and stress are taking a toll on you. It's time to take steps with your self-care. Look at where your stressors are coming from and take action to reduce it. Book a holiday.
Over 60. This indicates a burnout. It's time to make changes to regain your balance. Find a professional to help you. Time to book a retreat? If unattended, it can lead to health problems.

Sign-up for an in-depth article on how to tackle burn-out www.thejasminehouse.co.uk/burnout