



Thinking of how I feel:	Never	Sometimes	Often	Always
I feel unmotivated				
I feel unsupported by others				
I am not doing my work well				
I am distant from others at work				
I am cynical about my organisation				
My values are not reflected in my work or workplace				
I feel anxious				
I am sad for long periods of time				
I am overwhelmed by, and unable to control, my workload				
I am emotionally and physically exhausted				
Total each column				
Grand Total				

Scoring

Please allocate:

- 1 point for Never
- 2 points for Sometimes
- 3 points for Often
- 4 points for Always

Interpretation

10-19: You are probably fine.

20-29: Think about it: read, reflect, seek support

30-40: Act now – seek help on stress and possible symptoms of burnout:

- Speak with your mentor or a friend today.
- Contact [ACEM Assist](#) - a free and confidential service for all members and trainees.
- Make an appointment to see your GP.

Even if your total score was low, it will probably be helpful for you to look into any particular areas in which you scored a 3 or 4.