



# Recognizing Burnout Questionnaire

Name: \_\_\_\_\_

Please circle your answers to the following questions.

1. Burnout can affect which of the following occupations:
  - a. Retail worker
  - b. Engineer
  - c. Homemaker
  - d. Health professional
  - e. All of the above
  
2. Burnout can be overcome by working harder.
  - a. True
  - b. False
  
3. Lack of work-life balance is a risk factor for burnout.
  - a. True
  - b. False
  
4. Burnout is not a gradual process- it happens quickly.
  - a. True
  - b. False
  
5. Burnout and stress are the same things.
  - a. True
  - b. False

