



Recognizing Burnout Questionnaire-Answers

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**

