



MOM BURNOUT QUIZ



Are you running on empty?

Think about the last month

- 1** I feel like everyone else's needs come before my own.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 2** I rarely have uninterrupted time for myself.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 3** I feel touched out, overstimulated, or mentally exhausted.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 4** I become more irritable than I'd like with my family.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 5** I feel guilty when I rest or ask for help.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 6** My body feels constantly tense, tired, or depleted.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 7** I can't remember the last time I did something just because I enjoyed it.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 8** I feel like I'm surviving the day rather than enjoying it.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 9** I have trouble relaxing, even when I have the opportunity.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 10** I don't feel like myself anymore.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)

Results

0–8: You're Staying Afloat

Life is demanding, but you're showing signs of resilience. Continue making space for activities that restore you.

9–17: You're Carrying a Heavy Load

You're beginning to show signs of chronic stress. Consider building small moments of recovery into your day and leaning on your support system.

18–24: You're Running on Empty

Your nervous system may be stuck in "go mode." Recovery isn't selfish—it's necessary for both you and your family.

25–30: Burnout Is Likely Present

You're likely carrying more than one person can sustainably manage. You deserve support, rest, and space to care for yourself.