



EDUCATOR BURNOUT QUIZ



Is it stress...or Burnout?

Choose the answer that best describes the past month.

- 1** I feel emotionally drained after the school day.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 2** I find myself becoming impatient with students, coworkers, or parents.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 3** Even after a weekend, I don't feel rested.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 4** I struggle to "turn work off" once I'm home.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 5** I feel guilty when I take breaks or say no.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 6** I notice physical signs of stress (headaches, stomach issues, tension, fatigue).
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 7** Activities I used to enjoy feel like another obligation.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 8** I feel like I'm giving more than I have to give.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 9** I constantly think about everything I still need to do.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)
- 10** I feel disconnected from why I became an educator.
a) Never (0) b) Occasionally (1)
c) Often (2) d) Almost every day (3)

Results

0–8: Managing Well

Your stress appears manageable. Continue protecting your nervous system with regular rest, movement, and boundaries.

9–17: Early Signs of Burnout

Your nervous system may be spending more time in survival mode. Small daily regulation practices and stronger boundaries can make a significant difference.

18–24: Significant Burnout Risk

You're carrying more than your system is designed to hold. It may be time to prioritize recovery, seek support, and reassess expectations.

25–30: High Burnout

Your mind and body are signaling that they need care. Consider reaching out to a mental health professional and creating a recovery plan before burnout deepens.