



Our fast-paced lives can produce a significant, unintended consequence: Burnout.

As a Spark, it's important to check in with yourself frequently to ensure you're curbing any mental or physical signs of exhaustion. Take this quiz to assess if you're demonstrating any of the symptoms of burnout. Once you're finished, identify steps you need to take immediately to ensure you better manage your physical and emotional energy.

CIRCLE ONE

- | | | | |
|----|---|-----|----|
| 1 | On average, do you sleep 7–8 hours/night? | Yes | No |
| 2 | During the day, do you feel like you're tired (regardless of how many hours you slept the night prior)? | Yes | No |
| 3 | Do you feel you carry an inordinate amount of stress? | Yes | No |
| 4 | Do you feel like you're in a "funk," which is preventing you from being positive? | Yes | No |
| 5 | Has your appetite changed recently? | Yes | No |
| 6 | Do you find it difficult to experience joy in the activities that typically make you happy? | Yes | No |
| 7 | Do you feel disconnected from others? | Yes | No |
| 8 | Are you more irritable than normal? | Yes | No |
| 9 | Is it more difficult for you to get things done (either at work or at home)? | Yes | No |
| 10 | Are you quicker to anger than usual? | Yes | No |

After you've had a chance to review your answers to this quiz, take time to reflect on the following questions.

1

Did any of your answers surprise you? In what way?

2

If you feel that you're either close to burnout or in complete burnout mode, what actions do you believe you need to take immediately to restore your mental and physical health?
