

BURNOUT PROTECTION PROFILE



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THIS INSTRUMENT WILL HELP YOU TO DETERMINE HOW WELL you are protecting yourself from the “stress of life.” It will give you a chance to see how your attitudes, beliefs, and behaviors are making you resistant or prone to burnout. For each of the following statements, please rate your typical reaction using the scale below:

3 = almost always true

2 = somewhat true

1 = rarely true

1. I feel effective at work. _____
2. I feel successful at my job. _____
3. I have a strong sense of well being. _____
4. I accept responsibility for what happens to me. _____
5. I accept others and myself without judgment or conditions. _____
6. I have a number of viable alternatives for each problem. _____
7. I am devoted to others; God, colleagues, customers, family, etc. _____
8. My life has meaning and direction. _____
9. I have handled past crises well and in creative ways. _____
10. I rarely feel cheated or disappointed in life. _____
11. I have already attained some long-term goals. _____
12. I am pleased with my personal growth and development. _____
13. I have a good sense of inner peace. _____
14. My love relationships are mutual. _____
15. I am cheerful, fun to be around, and know how to laugh. _____
16. I have many friends. _____
17. I am not “thin-skinned.” _____
18. I handle interpersonal conflict well. _____
19. I am free from emotional immobility. _____
20. I have the ability to be “creatively alive” at every moment. _____

Total your score and check the following table to determine if you are protected from potential burnout:

- 45—60: You have a positive attitude and belief system and with continued awareness should remain protected from burnout.
- 30—45: Be aware of those attitudes and behaviors that may bring you down. Life’s stressors have the potential to burn you out.
- 20—30: You are probably experiencing burnout. Please review your attitudes, beliefs, and behaviors and seek assistance and support as necessary.

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Commonwealth of Virginia Employee Assistance Program

