

Burnout Checklist for the Individual Physician

Have you had these thoughts, made any of these statements or asked yourself any of these questions lately?

- ☐ I feel burned out. I have nothing left to give.
- ☐ Is this all there is to life? Is there nothing more?
- ☐ I hate my job. But, I can't do anything else.
- ☐ My life feels unmanageable, like I have no control.
- ☐ Life will get better when I retire. Or, I can't wait to retire.
- ☐ How do I discover my passion? How do I know my purpose for being?
- ☐ I'm just too old to start over.
- ☐ I don't have the time, money or luck I need to become successful.
- ☐ My future seems out of my control.
- ☐ I can't create anything anyone would want. I have no natural talents to develop.

Have you recently felt any of the following?

- ☐ More and more time pressured?
- ☐ A sense of dread associated with going to work?
- ☐ A sense of relief that the weekend has finally arrived?
- ☐ A lack of recognition or feeling rewarded for good work?
- ☐ Unclear or unreasonable job demands?
- ☐ That your work is no longer challenging or overwhelmingly challenging?
- ☐ Work that seems chaotic and too high pressured?
- ☐ That there is no time to take time off from work?
- ☐ Feeling that you have to be too many things for far too many people?
- ☐ Feeling as though you have no help?
- ☐ That you lack close and supportive relationships in both your work and personal life?
- ☐ Less patient? Less empathetic? Less enthusiastic?
- ☐ More irritable? More intolerant? More exhausted?
- ☐ Disengaged? Unmotivated? Uninterested and uninteresting?
- ☐ That life is no longer worth living?

- ☐ A feeling you should be doing something else?
- ☐ A feeling you do not fit your profession or it does not fit you?

If you answered a lot of these questions to the affirmative, you may be suffering from physician burnout.

The principle hallmarks of professional burnout are:

- **Emotional Exhaustion** - a feeling of being emotionally depleted to the point where you feel you can no longer give of yourself at an emotional or psychological level. KEYWORD: exhaustion
- **Depersonalization** - development of negative and cynical feelings leading to a callous and dehumanized perception of patients, clients or customers which further leads to the view that they are somehow deserving of their problems and troubles. KEYWORD: cynicism
- **Lack of a Sense of Personal Accomplishment** - feeling so little reward that there is a tendency to evaluate oneself in negative terms which leads to dissatisfaction and unhappiness in one's work creating a lack of a sense of personal accomplishment. KEYWORD: inefficacy

If you have one or more of these attributes then you may be suffering from the effects of physician burnout. If so, just know that it doesn't have to be this way. If you need more information, clarification, or assistance with burnout issues, please do not hesitate to contact me directly by clicking this [link](#).



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