



Mental Health Worksheet



by

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Are you facing Burn Out?

I feel run down and drained of physical or emotional energy. **Yes** **No**

I am easily irritated by small problems, or by people around me. **Yes** **No**

I am not hopeful about the future and feel tired just by the thought of the next day. **Yes** **No**

I feel I am under an unpleasant level of pressure to succeed. **Yes** **No**

I feel irritated and exhausted from when I first wake up in the morning. **Yes** **No**

I feel that I am achieving less than I can and want to. **Yes** **No**

I feel constantly unfulfilled by my work, study, hobbies and relationships. **Yes** **No**

No matter how much I sleep, I don't feel relaxed or well rested. **Yes** **No**

I feel that even though I want to work, I don't have the energy to do it. **Yes** **No**

Scoring & Reflection

SCORING

Count the number of times you chose 'YES',
if it is:

- 1-3 times, you're all okay yay!
- 4-6 times, you are on the way to a burn out.
- 7-9 times, you're burned out, take care!

REFLECTION

Take a moment to reflect on your scores and
consider what you can do to tackle your burn out.
Write down two specific actions you can take
towards a positive mental state.

- 1.
- 2.

Remember, well-being is a continuous journey,
and with small efforts you can lead a happier and
healthier life.

Note: This is a basic assessment worksheet.