



# Is Burnout Quietly Stealing Your Passion for Nursing?

Take this quiz to discover which stage of burnout you're in - and exactly what to do next to take care of YOU.

# HOW TO TAKE THE BURNOUT QUIZ?



This test is designed to help you identify your potential for burnout. It should take about 5 - 10 minutes to complete.

## **Instructions**

For each question, circle the response that most applies.

- 1 - Never
- 2 - Rarely
- 3 - Sometimes
- 4 - Often
- 5 - Always

Then add up your score and check your result using the scoring table underneath.

**TAKE THE QUIZ NOW**

# Discover your potential risk of **NURSING BURNOUT**

I am easily irritated by small problems, or by my co-workers.	1	2	3	4	5
My workload is overwhelming.	1	2	3	4	5
I feel run down and drained of physical or emotional energy.	1	2	3	4	5
I am harder and less sympathetic with people than perhaps they deserve.	1	2	3	4	5
I feel misunderstood or unappreciated by my co-workers.	1	2	3	4	5
I feel that I am in the wrong organisation or profession. My heart is not in my work.	1	2	3	4	5
I feel that organisational politics frustrate my ability to do a good job.	1	2	3	4	5
I feel that I don't have time to do things that are important to do a good quality job.	1	2	3	4	5
I find that I do not have time to plan as much as I want to.	1	2	3	4	5
My personal life suffers because of my work.	1	2	3	4	5

# WHAT DOES **MY SCORE** MEAN?

SCORE	MEANING
10-14	No sign of burnout.
15 - 24	Little sign of burnout.
25 - 34	At risk of burnout.
35 - 44	Severe risk of burnout.
45 - 50	Very severe risk of burnout.

## IMPORTANT NOTE

This tool uses an informal approach to assessing burnout.

While it may be intuitively useful, it has not been validated through controlled scientific tests and must therefore not be used as a diagnostic technique.

Please interpret the results with common sense.

Also, make allowances for any recent events that may have a disproportionate influence on your mood at the time you take the test!

Adapted from MindTools: Essential skills for an excellent career.  
Burnout Self-Test

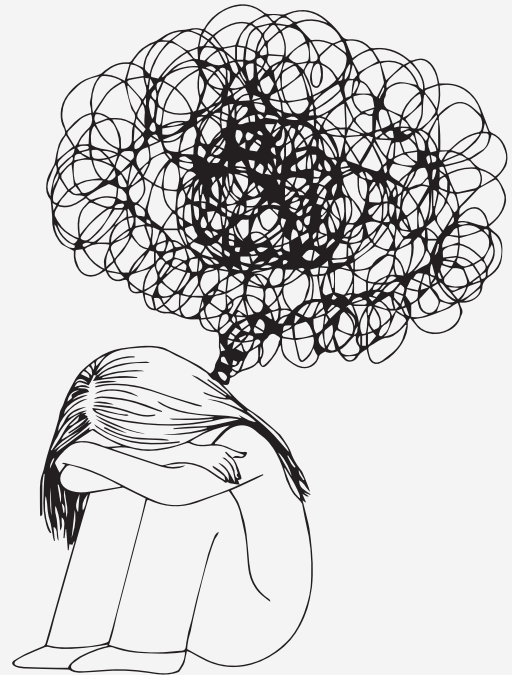




# *You're Not Broken. You're Burned Out - **And That Can Change.***

You took this quiz for a reason. Maybe you're running on fumes. Maybe you're wondering how long you can keep showing up for others without losing yourself in the process.

A high score might feel confronting — but it's not a sentence. Burnout is not a flaw in your character. It's a signal. And good news: it's a reversible one. Burnout doesn't mean you're weak. It means the system you're working in is stretching you past human limits.



## **Especially if:**

- You rarely have a say in your schedule or workload.
- You don't feel seen, supported, or valued.
- You're constantly being pulled in multiple directions.
- You've stopped recognizing yourself outside of the job.
- You feel guilty taking time for yourself — or even thinking about it.

# *You're Not Broken. You're Burned Out - **And That Can Change.***

The cause isn't always one big thing. Often, it's the slow build of:

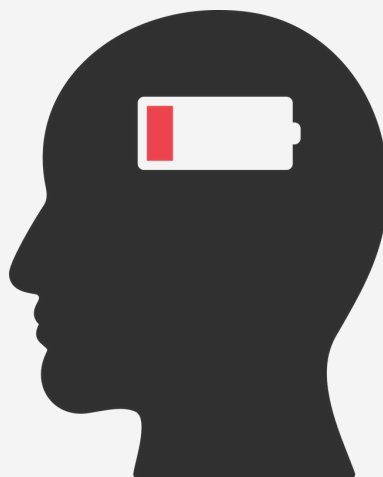
- Constant pressure without enough time to do your best.
- Caring deeply in a job that often overlooks that care.
- Values misalignment between your heart and your workplace.
- A lack of support or recognition from leadership.
- Working in a team or system that feels chaotic, toxic, or out of step.
- Being expected to "just keep going" no matter what's happening inside you.

## **But here's what I want you to know:**

You can reclaim your energy, your identity, and your sense of balance.

You can learn how to show up for yourself as fiercely as you do for others - and you don't have to quit your job or abandon your calling to do it.

**Your next step?** Choose to do one thing differently.



# Ready to take this further?

## Create Real Work-Life Harmony

You became a nurse to care for others—but **who's caring for you?**

If you're feeling exhausted, overwhelmed, and like you've lost yourself in the chaos of shifts, family, and expectations...

You are *not alone*—and you don't have to stay stuck in survival mode.

**Introducing** *Nursing the Nurse: Work-Life Harmony Group Program*

A 3-month transformational experience designed exclusively for nurses who are ready to reclaim their energy, balance, and joy—without leaving the profession they love.

Inside, you'll get:

- **Twice-weekly live group coaching**
- **A private support community** of like-minded nurses
- **On-demand resources and tools** that fit into your busy life
- **Access to the Holistic Huddle App** for shift-friendly self-care
- **A proven step-by-step roadmap** to work-life harmony

You *can* take care of yourself without guilt.

You *can* create a sustainable, fulfilling life in and out of scrubs.

And you don't have to do it alone.

**BONUS:** Bring a friend who joins and get **\$100** cash for each referral!

**Want the full details?**

Head to the [Work-Life Harmony Group Program info page](#)

**Now's the time to put yourself back on your priority list.**

Let's do this—together.

# MEET YOUR COACH!

Hi, I'm **Jeanelle**,

Registered Nurse, Burnout Survivor, Mum, and Founder of Nursing the Nurse.

After nearly walking away from the career I once loved, I created the tools and structure I desperately needed — and now I help other nurses do the same.

I believe you shouldn't have to sacrifice your health, your family, or your joy just to do the job you trained for.

This isn't about pushing through. It's about rising differently.

If you're ready to rewrite your story, I'm here to walk with you.

x

*Jeanelle*



*Nursing*  
THE NURSE