

Burnout Prevention Quiz® Quiz Results September 2019

OVERVIEW

Over the course of 2018 and early 2019 we reached out to a number of employees across the UK and Europe offering them the opportunity to complete our Burnout Prevention Quiz® - a confidential self assessment tool used to identify if an individual is at risk of burning out in their career.

The Burnout Prevention Quiz® asks participants to rate how much they agree with a number of statements describing their work life on a scale of 1-10 (1 being they don't agree at all, 10 being they totally agree). The higher the participant scores, the higher the risk they are to burning out.

By early 2019, 102 people had completed the quiz and it shocked us just how many people are suffering from high stress and risk burning out...

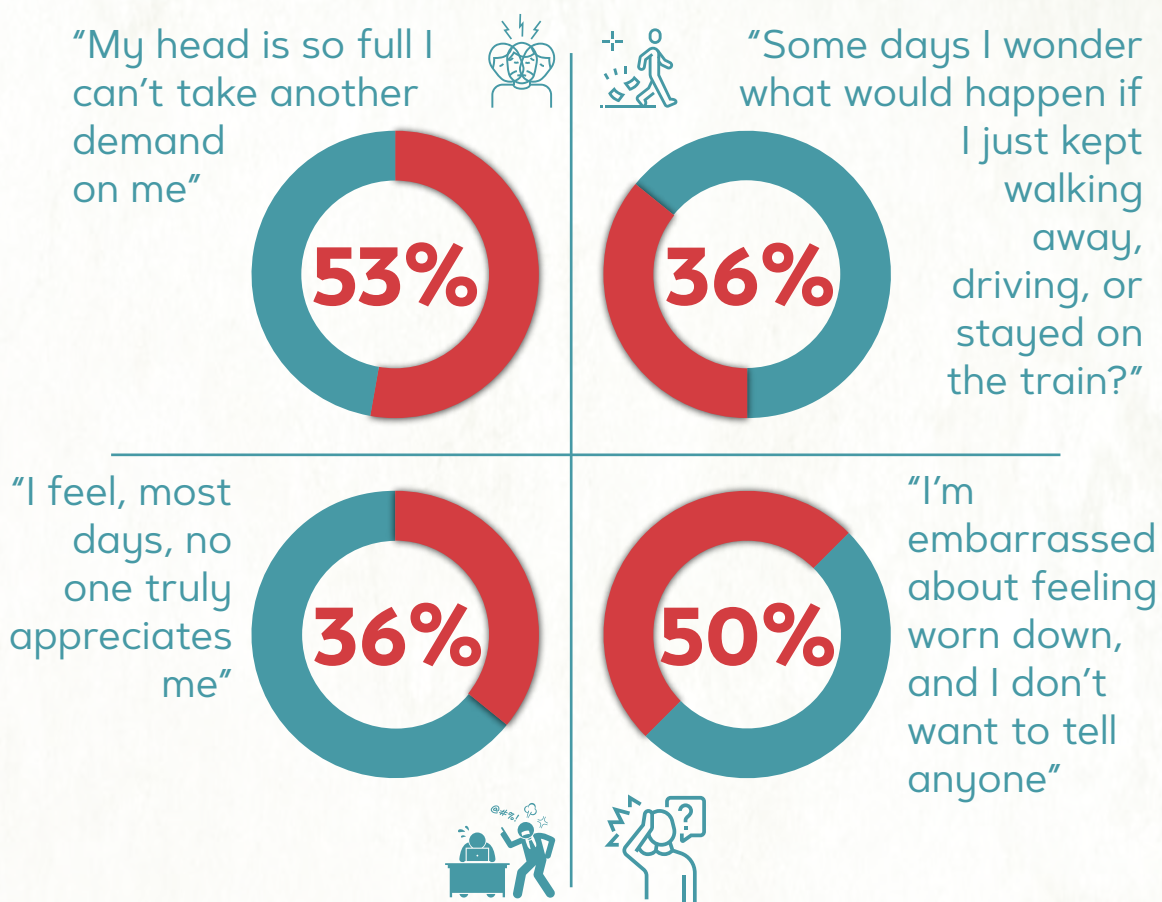
Read on to find out more...



IN DETAIL

Below are 4 statements that participants were asked to score much they agreed with them on a scale of 1-10 (1 meaning they don't agree at all, 10 meaning they totally agreed with the statement).

The red portions of the pie chart represent the percentage of people who scored between 6-10 for these statements.



[TAKE THE INTERACTIVE ONLINE BURNOUT PREVENTION QUIZ® HERE](#)

The Burnout Prevention Quiz® is a powerful tool for getting a handle on the mental health and wellbeing of your employees.

Get in touch today to discover how the Burnout Prevention Quiz® can be used in your company to improve staff retention, performance, and culture.

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What can you do to prevent burnout?

- 01 Take stock of what is actually happening NOT how you'd like it to be.
- 02 Adjust your behaviour, habits to look after how you feel.
- 03 Allow yourself to change your mind.
- 04 Look what's on your plate and drop whatever is not vital.
- 05 Don't be tricked into believing everything is vital and a priority (that's just your mind being scared to let something go)
- 06 Find a small way of having TIME-OUT TODAY. Small adjustments early on prevent weeks and months later.
- 07 Find someone to tell, burnout loves isolation it will keep suggesting you have to carry on regardless.
- 08 Find someone you can trust
- 09 Keep fed and watered. Stress and burnout love a diet of sugar and caffeine. BUT, no one gets away with this over a long period of time it will make you ill.
- 10 Try not to focus on what other people think of you.
- 11 No job should make you sick

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