I’ve done the test
Now what ?

By
Bernie the burnout goose

Dear burnout sufferer….

So …we've confirmed… you may well have burnout. Not fab news but you have found the right place to learn about it.

Do you know your score? Check the email we sent and note it where you'll not lose it in case you repeat the test another time.

Q: *Is it 100% certain to be burnout ?*
No - because there are some other things that can mimic or coexist with burnout.

This is why it can be a good idea to see your GP as part of the overall approach to extracting yourself from burnout .

Q: *Won't a visit to my GP be enough ?*
Unlikely in 10 minutes - but for a complete approach we do recommend it. You'll be in good company - 50%* of GPs have it.

*this is proven by research

How the test made you feel

The three most common reactions to getting a score suggesting burnout are….

Relief - ‘wow - there’s a reason for why I feel like this - I need to learn more’ , ‘ phew that explains a lot - what do I need to do now?’, “at last someone who understands”

Denial - ‘I don’t need to tackle burnout / I’m sure I don’t have it / the test is faulty / I must have filled it out wrong/ I just need to work harder/ it’s just a bit of stress’

Anxiety - ‘What on earth to do? / where oh where to start? /I’m scared & not ready!!/ I know I need to do something but I am fearful of repercussions or the unknown’.

But don’t worry … any one of these (or a mix) is par for the course where burnout is concerned. The geese understand this. Nearly everyone has a bit of these.

What does burnout look like?

Whatever your score, if there is evidence of burnout you will probably have noticed :

- Tiredness that is not refreshed by sleep
- Poor sleep patterns
- Irritability with family or colleagues
- Withdrawal from normal pursuits
- A tendency to isolate yourself
- A cynical ‘what’s the point’ outlook
- A feeling of not achieving like before

There changes that you don’t see or might not immediately link with burnout are:

- hormones not balanced
- brain changes eg. frontal lobe shrinking
- immune dysfunction
- mental health issues

Burnout is thus a whole body condition that arises after long term stress has been ignored. The WHO says it’s ‘work related only’ but we see it as a whole of life issue.

The scores for the test - explained

There is some overlap between the 4 levels

Under 20 : **no burnout** - great! But ask yourself if there might still be some work life imbalance, stress or career planning issues needing attention. Why did you take the test? Implies 'something' not right?

21-33 : **significant burnout** - unpleasant and best tackled by discussion, work negotiations or career planning support

34-49 : **advanced burnout** - feels grim+++ & responds well to our burnout programme f/b maybe a career re-evaluation

50-64 : **complex burnout** - feels really dreadful & several support inputs may be warranted if there are mental/ physical health issues. Sick leave may be needed and at this level it is going to take a bit longer to resolve too. But it too is fixable.

What next?

These levels are broad distinctions. If burnout is showing up something clearly needs to change. Not ready to address burnout? No problem…many people with burnout can't face doing very much and time off work may be impossible. *But this does not mean do nothing at all.*

The geese are masters of micro/bite sized learnings - useful because burnt out folk have poor concentration (as do geese).

Whether you are itching to steam ahead, a total sceptic or fearful of facing up to burnout or just too weary the geese can…

- help you avoid common mistakes or dead ends in attempting to fix it
- encourage you to face up to burnout but at your own pace
- give some sequential, easy, mini 'fix burnout challenges' (eg. this booklet!)

And when the time is right

… access our burnout support and learning from steady & simple low/no cost to highly focused & faster but requiring more investment of time and funds.

Test, mini videos, booklets, ***questionnaire***

The burnout workbook (see next page)

A 1:1 zoom 'explore/assess' consultation

An online ecourse - self directed learning

A self paced video programme (with optional personalised feedback)

A guaranteed reverse burnout back to full balance programme

Do nothing (NB : this appears to be a zero cost ***but*** *is in fact* ***the*** *most expensive in time/money …..& by some margin)*

Our recommended start point

It doesn't matter where you start.
It matters THAT you start.
Gentle structured learning about burnout helps pave the way forwards & gain useful shifts. Learning (from experts - not trawling random t'internet) is **the** key to burnout reversal …or so the wise geese believe.

Our top tip for beginning your journey out of burnout is our pdf download workbook: **'Burnout - where to begin'**

It is a fast, easy way to start exploring your burnout (it is £20). It comes as a pdf download and helps to define & highlight the best way to beat burnout - for you. It is not a burnout reversal tool per se but offers some vital foundation work.

Others might prefer **booking a call** for 1:1

What if I'm just not ready?

1 Repeat the test in a month

You can repeat our burnout test again, whenever you like. This link does not 'rejoin' you burnoutgeese.com/test

2 If the timing is just wrong

We will keep you in the loop until either you are ready or you tell us to unsubscribe you. But beware number 4 below!

3 Help us out

Please share this link with your colleagues, family or friends. You'll help us expand our vital work & the more everyone understands burnout the less it can hide. If others around you fully grasp what burnout is and does…they can (maybe 🤞) be more accommodating and helpful to you.

4 Beware inertia and procrastination

These two bedfellows can keep a person trapped in burnout ruts… for y e a r s

Finally

The Geese would like to thank you from the bottom of our feathers …for taking the test … no mean feat in the grip of burnout.

We hope you found it useful & a catalyst for the journey out of burnout.

If you'd like further help from us to swiftly eliminate burnout we do look forward to working with you to get your life back in balance ….soon.

Honk honk for now

Bernie

In a lake or tree
Somewhereshire
BGHQ