I’ve done the test
Now what ?

By
Bernie the burnout goose

Dear burnout sufferer….

So … we've confirmed you may well have burnout.

Do you know your score? Check your test & jot down your score 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 completeness 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 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.

What does burnout look like?

Whatever your score - if there is evidence of burnout you will have noticed things like

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 cyclical ‘what’s the point’ outlook
A feeling of not achieving like you used to

But other changes can arise that you don’t see or might not link with burnout

- hormones
- brain changes eg. frontal lobe shrinking
- immune dysfunction
- mental health issues

Burnout is thus a whole body condition that arises after long term stress being 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** - feels very unpleasant - may need some urgent work modifications 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 dreadful - may need several support inputs if there are mental/ physical health issues. This level may even need sick leave at some point to facilitate resolution and it is going to take a bit longer to reverse this level too.

What next?

These levels are only broad distinctions but if burnout is showing up something needs to change. If it is not the right timing to address burnout…no problem…many people with burnout can't face doing very much nor contemplate any time off work. *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

… we have a range of burnout supports from simple to highly focused. If it's not clear where to start or what would help - try one or more of the top 3 below (listed in order of expense & time commitment) :

Our free tests, booklets and questionnaires

The burnout workbook (see next page)

A 1:1 zoom 'explore/assess' consultation

An online ecourse - self directed

A supported burnout module (video/audio)

A guaranteed reverse burnout back to full balance programme

*Do nothing (paradoxically this appears to be a zero cost **but** is in fact **the** most expensive in time/£… & 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!) is in fact **the** key to burnout reversal or so the wise geese believe.

Our top tip for beginning your journey out of burnout is our workbook….

‘Burnout - where to begin’

It is a fast, easy & low cost way to start exploring your burnout (it is £20).
It comes as a pdf* or can be printed out.

You can upgrade (optional) to get feedback after completing the workbook too.
The workbook helps to define & highlight the best way to beat burnout - for you.

*** Try using Adobe Acrobat to fill it digitally**

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 burnout geese.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 burnoutgeese.com/testnow3 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.

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. It is a first step in the journey out of burnout .

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

Honk honk for now

Bernie

In a lake or tree
Somewhereshire
BGHQ