



Are You Burned Out or Are You Depressed?

1. Do you feel emotionally and physically drained, even after rest or time off? ☐ Yes ☐ No
☐ Sometimes
2. Have you lost interest or pleasure in activities that once felt meaningful or enjoyable? ☐ Yes
☐ No ☐ Sometimes
3. Do you feel overwhelmed by responsibilities, yet unable to care about them the way you used to? ☐ Yes ☐ No ☐ Sometimes
4. Are you experiencing persistent sadness, emptiness, or hopelessness that feels hard to explain? ☐ Yes ☐ No ☐ Sometimes
5. Do you feel detached from others, even in relationships that used to feel supportive? ☐ Yes
☐ No ☐ Sometimes
6. Do you struggle with concentration, decision-making, or staying organized due to mental fatigue? ☐ Yes ☐ No ☐ Sometimes
7. Have you noticed changes in sleep, appetite, or energy that seem tied to emotional strain? ☐ Yes ☐ No ☐ Sometimes
8. Do you feel guilty for needing rest or setting boundaries, even when you're clearly depleted? ☐ Yes ☐ No ☐ Sometimes
9. Do you find yourself questioning your worth, purpose, or ability to recover? ☐ Yes ☐ No
☐ Sometimes
10. Do you feel like you're just going through the motions, disconnected from joy or meaning? ☐ Yes ☐ No ☐ Sometimes

Are Your Answers Mostly “Yes”?: You may be experiencing symptoms of burnout, depression, or both. Consider seeking support and exploring gentle, restorative practices.

Are Your Answers Mostly “Sometimes”?: You may be navigating emotional fatigue. Reflect on what's draining you and how you can reconnect with safety and meaning.

Are Your Answers Mostly No”?: You may not be experiencing burnout or depression, but continued self-awareness and compassionate care are always beneficial.

This quiz is for educational and self-reflective purposes only. It is not therapeutic advice.