



मनस् - CENTER FOR MENTAL WELLNESS & COUNSELLING

# Am I Burned Out as an HR Professional?

10 questions for people who support everyone but themselves

**Dr. Priya Dubey Sharma**

Founder & Consulting Psychologist  
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Burnout is not a badge of honour. Your wellbeing is not optional. It is the foundation everything else stands on.

### THE STORY

#### Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”



Dr. Rangnath Dubey  
DHB · MBHCS · AVR

**18+**

Years of practice

**5,000+**

Lives touched

**5**

Intl memberships

**UN · SBI**

Institutional roles



## Am I Burned Out as an HR Professional?

This assessment is designed for HR and people professionals to reflect on their experiences with compassion fatigue, emotional exhaustion, and cynicism related to their role. It helps gauge your current level of professional wellbeing.

### Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often feel emotionally drained from dealing with employees' personal issues all day?
- Do you find yourself becoming cynical or detached from the organization, even though you care about its people?
- Have you experienced physical symptoms like headaches or fatigue on days with challenging employee interactions?
- Do you find yourself losing empathy for employees you would have previously supported readily?
- Do you frequently take work-related worries or emotional burdens home with you, finding it hard to switch off?
- Are you questioning your long-term commitment to your HR role?
- Do you feel an overwhelming sense of responsibility for the wellbeing of all employees?
- Do you struggle to disconnect from work, even during personal time?
- Have you had moments where the meaning and impact of your HR work felt significantly diminished?
- Do you find it difficult to maintain a sense of compassion when faced with persistent employee challenges?

**Score:** Count the number of 'Yes' answers. This will help you understand your current wellbeing level.



## Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

**SCORE: 0-3**

### Energised

It's wonderful that you are feeling energised in your role. Continue nurturing this positive connection with your work and colleagues.

**SCORE: 4-6**

### Tired

You might be experiencing some fatigue. It is important to acknowledge these feelings and consider small steps to recharge and maintain balance.

**SCORE: 7-8**

### Burning Out

This score suggests you are heading towards burnout. It is crucial to pay attention to these signs and actively seek ways to manage stress and protect your wellbeing.

**SCORE: 9-10**

### Burned Out

This score indicates significant burnout. Please consider reaching out for professional support to help you navigate these challenging feelings and find a path towards recovery.

**Whatever your score: You took the time to check in with yourself. That takes courage.**

### DR. PRIYA'S TIP

Remember, your wellbeing is paramount. If you are feeling overwhelmed, it is a sign to pause, reflect, and seek supportive resources or conversations.

[Book a Session with Dr. Priya](#)



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which of these experiences resonates most strongly with you right now?

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2. What is one small change you could implement this week to protect your energy?

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3. How can you better compartmentalize work-related stress from your personal life?

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How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

## Continue Your Journey

Recommended resources based on your results:

1

### Mindful Leadership Course

Develop compassionate and effective leadership skills.

₹499

2

### Stress Management Toolkit

Practical strategies to reduce daily stress.

₹299

3

### Building Resilience Workshop

Enhance your ability to bounce back from challenges.

₹399

### TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at [manas365.com/assessments](https://manas365.com/assessments)



### Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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**"You deserve a life that exists beyond your work performance. I hope this guide helps you begin to build it."**

— Dr. Priya Dubey Sharma

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