



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is High Performance Burning Me Out?

10 questions for your organisation's top performers

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



Is High Performance Burning Me Out?

This assessment helps you understand if you are at risk of burnout. Answer honestly to get the most accurate results.

Assessment Questions

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

- Do you often feel like you are running on adrenaline, with no genuine rest?
- Do you set ever-higher targets for yourself, even when you feel exhausted?
- Do you find it difficult to accept 'good enough', always pushing for more?
- Do you dismiss physical symptoms like fatigue or headaches as simply the 'price of success'?
- Have your personal relationships suffered because of your focus on work?
- Are you unable to celebrate achievements before immediately moving on to the next task?
- Do you tend to see colleagues more as competition than as part of a supportive community?
- Do you fear that slowing down even slightly means you will permanently fall behind?
- Do you question whether your current level of output is truly sustainable in the long term?
- Do you experience moments of pride mixed with overwhelming exhaustion?

Score: Count the number of 'Yes' answers. A 'Yes' indicates a potential sign of burnout risk.



Your Results

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

SCORE: 0-3

Sustainably High-Performing

Your current approach appears balanced and sustainable. You are likely managing your energy effectively while achieving your goals.

SCORE: 4-6

Mildly at Risk

You may be experiencing some early signs of strain. Consider incorporating more consistent rest and reflection into your routine.

SCORE: 7-8

Significantly at Risk

There are notable indicators that your current pace is taking a toll. It is important to reassess your workload and self-care practices to prevent further exhaustion.

SCORE: 9-10

Burnout Imminent

Your responses suggest you are very close to burnout. Please prioritize seeking support from a mental wellness professional to develop coping strategies and restore your well-being.

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

DR. PRIYA'S TIP

If your results indicate you are at risk, remember that sustainable success comes from balance, not just relentless effort. Schedule genuine downtime and listen to your body's signals.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which of these questions resonated most with your current experience?

2. What is one small change you could make this week to incorporate more genuine rest?

3. How might shifting your perspective on colleagues change your work environment?

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 Productivity Course

Learn techniques to enhance focus and reduce stress.

₹1999

2

Stress Management Toolkit

Practical strategies to cope with daily pressures.

₹999

3

Building Resilient Habits

Develop long-term strategies for well-being and performance.

₹1999

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at manas365.com/assessments



Audio Companion

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



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manas365.com



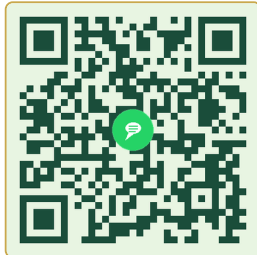
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"You deserve a life that exists beyond your work performance. I hope this guide helps you begin to build it."

— Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224