



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is This Burnout? Work Stress Check

10 questions to understand your burnout level

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.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“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.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Is This Burnout? Work Stress Check

This screener helps you understand your current work situation. Answer honestly to get a clearer picture.

Assessment Questions

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

- Do you often feel tired and drained by your work?
- Do you feel cynical or detached from your job?
- Do you feel less effective or accomplished in your work?
- Has your work started blurring the lines with your personal life?
- Do you find yourself becoming irritable with colleagues or clients?
- Do you feel a loss of purpose or meaning in your daily work?
- Do you experience physical symptoms like headaches or sleep difficulties related to work?
- Do you feel emotionally detached or numb when thinking about work?
- Are you neglecting your personal needs or relationships due to work demands?
- Do you feel a sense of dread about going to work, especially on Mondays?

Score: Count the number of 'Yes' answers to assess your current state.



Your Results

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

SCORE: 0-2

Thriving

You are managing your work well and maintaining a healthy balance. Keep up the great work!

SCORE: 3-4

Stressed

You are experiencing some work-related stress. Consider small adjustments to improve your well-being.

SCORE: 5-7

Burning Out

Signs of burnout are emerging. It's important to actively seek strategies to reduce work pressure and reconnect with yourself.

SCORE: 8-10

Burned Out

You are likely experiencing significant burnout. Seeking professional support and making substantial changes is highly recommended.

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

DR. PRIYA'S TIP

After reviewing your results, focus on one actionable step you can take today to protect your energy and well-being, whether it's setting a boundary or taking a short break.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific aspects of your work are contributing most to your stress levels?

2. What is one small change you can implement this week to improve your work-life balance?

3. Who is someone you can talk to about your feelings regarding work?

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 Moments for Professionals

Short practices to find calm amidst busy schedules.

₹199

2

Setting Healthy Work Boundaries

Learn to protect your time and energy effectively.

₹99

3

Reclaiming Your Energy

Strategies to combat fatigue and boost vitality.

₹199

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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Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



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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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manas365.com

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