



Burnout, Depression and Substance Use Disorder: Pre-Work

Self-Assessment Worksheet

Before your live learning session, please visit [Stanford WellMD's Physician Self-Assessment Tools](#) and take the following self-assessments:

- Professional Fulfillment
- Burnout
- Self-Valuation & Self-Compassion
- Sleep-related impairment
- Impact of Work on Personal Relationships

In total, this should take approximately 10 minutes

After completing these assessments, take a few moments to reflect on the following questions:

- What are the most significant factors driving your professional fulfillment? What barriers do you have to professional fulfillment?
- What are the most significant factors driving burnout in your professional life? What factors satisfy you or protect you from burnout?
- What helps you care for yourself with compassion? If you offer more compassion to others than to yourself, why might that be?
- What factors have the greatest impact on your sleep? What helps you sleep best? What has the most negative impact on your sleep?
- How is your work impacting your relationships with others outside of the workplace? How can you foster meaningful relationships outside of work? What would need to happen to strengthen your existing meaningful relationships?

If you have time, feel free to take a moment to explore some of the resources at the bottom of the Self-Assessment webpage

Before the live session, fill out the table on the following page:

Using your results of the online surveys, complete the table below, identifying possible drivers of burnout, its manifestations for you, and potential mitigation strategies for you personally or the system in which you work. During our facilitated session we will discuss your insights.

	Factors that drive burnout	How do respond?	What system or personal change could improve it?
Workload			
Work efficiency			
Work-life integration			
Autonomy			
Meaning in the work			