



# CITY OF MADISON

## The Two-Minute Burnout Check-Up

Updated 5/15/2024

Rate your level of stress from “0” to “10” on all six factors of burnout, with “0” being no stress and “10” being extreme stress. Add the numbers to get your general burnout score out of 60, and focus on 1-2 specific burnout factors that scored closest to “10”.

<b>Burnout Factors:</b>	<b>Level of Stress (0-10)</b>
<b>Workload:</b> Sustainability of the amount of work on your plate.	
<b>Values:</b> Whether you connect with your work on a deeper level.	
<b>Reward:</b> Both financial rewards (salary, bonuses, stock options, etc.) and social rewards (whether you’re recognized for your contributions).	
<b>Control:</b> The autonomy you have over when, where, and how you do your work.	
<b>Fairness:</b> The feeling that you’re treated equitably at work relative to your colleagues.	
<b>Community:</b> Professional relationships that boost engagement.	
	<p style="text-align: right;"><b>TOTAL:</b> _____/60</p>

The Two-Minute Burnout Check-Up was created by the [Harvard Business Review](#), and was adapted by the City of Madison for this resource.