



Burnout Self-Test

Are you burned out?

- ✿ Do you feel that writing code has become pointless?
- ✿ Do you think your work isn't creating value for your company/client?
- ✿ Do you overreact when small things irritate you?
- ✿ Do you lack the energy to be productive?
- ✿ Do you lack the motivation to write new features into an app?
- ✿ Do you have little or no energy in the morning when you start your workday?
- ✿ Do you feel unmotivated to learn a new programming language?
- ✿ Do you lack interest in developing yourself and growing in your career?
- ✿ Are you refactoring too much?
- ✿ Do you have a hard time concentrating at work?
- ✿ Do you get annoyed when a junior developer asks you for help?
- ✿ Do you fall behind often?
- ✿ Do you fall behind often and then struggle to catch up?
- ✿ Do you feel indifferent about your accomplishments?
- ✿ Do you not care when you make a mistake that affects your colleagues?
- ✿ Do you do drugs to escape your current reality?
- ✿ Do you spend too much time playing video games?
- ✿ Have you been drinking too much alcohol lately?
- ✿ Do you feel disillusioned about your job?
- ✿ Have your sleeping habits changed recently?
- ✿ Have you recently been experiencing: muscle pain or physical exhaustion or extreme fatigue or frequent headaches or stomach issues or dizzy spells or shortness of breath?

If you answered yes to any of these questions, you might be going through burnout. Please note that we're not medical professionals, just a team of experienced coders who love building new technology. Don't take this self-assessment as a diagnosis.

We highly recommend that you make an appointment with your doctor or mental health provider to discuss your symptoms.