



Susan Landers, MD
<https://susanlandersmd.com>



Checklist to Identify Burnout in Overstressed Working Moms

Check all the statements that apply.

- You feel a high level of stress at work, or at home.
- You find yourself completing more responsibilities at home than ever before.
- You wish you had more energy than you actually do have.
- You resent those other mothers who seem to have it all together on Instagram.
- You feel like if one thing slips, everything will fall apart, and it will be your fault!
- You hate your job, and/or, you hate your manager.
- You really wish you could quit your job.
- Constructive feedback from a client or loved one sends you into tears.
- You feel overwhelmed most of the time.

- You often lack childcare options & must scramble to arrange childcare when someone gets sick.
- You find your children's bad behaviors more irritating than usual.
- You find yourself yelling at your children more often than usual.
- You resent your husband or partner for not helping around the house.
- You wish your partner understood why you are not interested in sex.
- You wish you had more free time just for yourself.
- You wish you could find time to exercise at least once or twice each week.
- You feel like you are just "going through the motions" every day.
- You are getting less than seven or eight hours of sleep each night.
- You are drinking a glass of wine, or two, each night just to stay calm.
- You are constantly afraid of making a mistake and/or failure.
- You wish you could talk to someone who understands how you feel.

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Score one point for each item checked.

- If you score 9, or fewer, then you are "hanging in there" as a busy, working mom.
- If you score 10 or more, you are really stressed out right now.
- If you score 15 or more, you are probably burned out and you need help.

Please go to the link below to access the report
**"Solutions for Conquering Burnout
in Working Mothers."**

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