

Self Check

Provider Stress Level



Rate the following statements on a scale of 1 (Never) to 5 (Always):

I feel emotionally drained after work.
I find it hard to care about my patients the way I used to.
I struggle to complete my tasks on time.
I feel overwhelmed by the demands of my job.
I have trouble sleeping or experience physical symptoms like headaches.
I feel disconnected from my colleagues or patients.
I am considering reducing my work hours or changing my role.

TOTAL

Scoring

7-14	15-21	22-35
Minimal Stress Level	Moderate Stress Level	High Stress Level
Likely manageable.	Consider taking breaks and talking to a colleague.	Signs of burnout. It's time to take action and seek support.

Contact Us

Learn more about how SecureVideo can support healthcare providers in reducing provider burnout.