

COMMISSIONER STRESS/BURNOUT QUESTIONNAIRE

Instructions: Please read the following questions and in the space provided at the right, rate your truthful, personal experience of how you feel the majority of the time when you are performing your duties as a commissioner. Rate yourself with a score of 1, 5, or 10 with 10 being the most frequent.

- 1 Seldom or never a difficulty for me (green)
- 5 Sometimes a difficulty for me (yellow)
- 10 Frequently a difficulty for me (red)

- 1. My time is controlled by factors beyond my control _____
- 2. Interruptions _____
- 3. Chronic overload – more to do than time is available _____
- 4. Occasional overload _____
- 5. Chronic underload – too little to do in time available _____
- 6. Occasional underload _____
- 7. Alternating periods of overload and underload _____
- 8. Disorganization of my time _____
- 9. Procrastination of Scout Projects _____
- 10. Separating home, work, and Scouts _____
- 11. Transition from home, to work, to Scouts _____
- 12. Finding time for regular exercise _____
- 13. Finding time for regular periods of relaxation _____
- 14. Finding time for friendships _____
- 15. Finding time for family _____
- 16. Finding time for vacations _____
- 17. Easily bored with Scouts _____
- 18. Saying “Yes” when I later wish I had said “No” _____
- 19. Feeling overwhelmed by large tasks over an extended period of time _____
- 20. Avoiding important tasks by frittering away time on less important one _____
- 21. Feel compelled to assume responsibilities in groups _____
- 22. Unable to delegate because of distrust of quality of others performance _____
- 23. Unable to delegate because there is no one to delegate to _____
- 24. My perfectionism creates delays _____
- 25. I tend to leave tasks unfinished _____
- 26. I have difficulty living with unfinished tasks _____
- 27. Too many projects going on at one time _____
- 28. Get into time binds by trying to please others too often _____
- 29. I tend to hurry even when it’s not necessary _____
- 30. Lose concentration while thinking about other things that I have to do _____
- 31. Not enough time alone _____
- 32. Feeling compelled to be punctual _____
- 33. Pressure related to deadlines _____

Scoring Evaluation:

Start looking at the number of fives and tens you wrote. Don't panic, every one of us is going to have a few here and there. The more of these you rated ten the more likely you are under stress and a candidate for burnout. The tens should be regarded as alarms (red). And if you have a large number of fives you should be looking at them as cautions signals (yellow). Take a look at the ones you rate as a ten and ask yourself what can be changed to make it a five or a one. Try to reduce as many as you can. In six months or a year, do the evaluation again. If you score is the same or increasing, then you should be concerned and may wish to reach out for help.

Suggestion:

Give an extra copy to your spouse, and see if your spouse scores you the same!

If not, take heed!! Worthy of discussion.

33 – 125	Green
125 – 225	Yellow
225 – 330	Red