

Identifying ADHD Burnout

ADHD burnout can happen when managing daily tasks, responsibilities, and constant mental stimulation becomes overwhelming. This worksheet will help you recognize signs of burnout, evaluate how often you experience them, and provide steps to manage and recover from burnout. By becoming aware of these symptoms, you can take proactive steps toward self-care and improving your well-being.

Read through the following statements and check the box next to each statement that applies to you. After completing the checklist, tally your score to assess your current level of ADHD burnout.

Check all statements that apply to you.

- You feel physically exhausted, even after a full night of sleep.
- You have difficulty starting tasks that normally wouldn't feel so overwhelming.
- You find it hard to concentrate or stay focused for long periods.
- You constantly feel frustrated with yourself or others.
- You experience frequent mood swings or irritability.
- You feel emotionally drained after social interactions.
- You struggle to maintain motivation for things you usually enjoy.
- You avoid responsibilities or commitments because they feel too daunting.
- You feel like your to-do list is never-ending and unmanageable.
- You often feel overwhelmed by simple daily tasks.
- You feel disconnected from others, even close family and friends.
- You often feel a sense of failure or inadequacy, regardless of your efforts.



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Check all statements that apply to you.

- You frequently forget important tasks or appointments.
- You procrastinate more than usual and have difficulty breaking the cycle.
- You feel mentally foggy or unable to think clearly.
- You find it hard to stick to routines that once helped you stay on track.
- You experience heightened anxiety about managing your day-to-day life.
- You feel physically tense or stressed, even when not actively working on something.
- You crave more alone time but feel isolated when you get it.
- You feel like no amount of rest or relaxation recharges you.
- You feel detached or numb to your own emotions.
- You find yourself snapping at others for minor things more often than usual.
- You feel a sense of dread about future tasks or responsibilities.
- You struggle to stay organized, even with systems you've used before.
- You feel like your ADHD symptoms are more intense or harder to manage than usual.
- You've been isolating yourself from social situations, even when you want to connect.



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Give yourself one point for each item you checked on the list to find out if you have ADHD burnout.

Your Score

0-11
points

You may be experiencing some minor stress, but it's manageable. This is a great time to focus on preventive self-care strategies before things become more overwhelming.

12-16
points

You're likely dealing with moderate ADHD burnout. It's important to take a step back and reflect on what's contributing to your burnout. Consider making changes to your routines or seeking support.

17-26
points

You are experiencing significant ADHD burnout. This level of burnout can greatly affect your well-being and productivity. It's important to prioritize recovery, seek support, and make substantial changes to your daily life to prevent further exhaustion.



Identifying ADHD Burnout

Based on your reflection, consider what steps you can take to recover from ADHD burnout. Write down specific actions you can take to manage your burnout and improve your well-being.

**How can you incorporate more rest into your routine?
(e.g., taking short breaks, scheduling relaxation time)**

**Who can you talk to for support during this time?
(e.g., family, friends, therapist, support group)**

**What boundaries can you set to protect your energy?
(e.g., limiting social commitments, saying no to new projects)**





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

