

Resident and Fellow Self- Assessment Tool

Please be advised that the tool provided below is not intended for diagnostic purposes. Instead, it is designed to offer insights and suggestions for understanding and addressing your current emotional or mental state.

Professional Fulfilment Scale

	Not at all true Score- 0	Somewhat true Score -1	Moderately true Score - 2	Very true Score- 3	Completely true Score-4
I feel happy at work					
I feel worthwhile at work					
My work is satisfying to me					
I feel in control when dealing with difficult problems at work					
My work is meaningful to me					
I'm contributing professionally (e.g. patient care, teaching, research, and leadership) in the ways I value most					

Professional Fulfilment= Average of 3.0 and greater

Suggestions for igniting your professional satisfaction and finding renewed meaning to your career:

HM EAP Program	Mylifematters.com (access code HM1) 800.634.6433 Or Text HELLO to 61295
HM Chaplain Services	Dr. Kory Fontenot- 832-986-8257
Reflections	Take time to reflect on your strengths, skills, and accomplishments. Seeking feedback from colleagues or supervisors on your performance can help you identify areas for growth or areas that might reignite your passion.
Open communication	Having an open conversation about your workload, career path, or any issues you're facing can lead to new insights, feedback, or opportunities.
Workplace Relationships	A sense of community and support at work can dramatically affect your fulfillment. Foster positive relationships with colleagues, participate in team-building activities, or find a mentor who can provide guidance and support.
Work-Life Balance	Ensure you're balancing professional commitments with personal activities that recharge you.

Resident and Fellow Self- Assessment Tool

Please be advised that the tool provided below is not intended for diagnostic purposes. Instead, it is designed to offer insights and suggestions for understanding and addressing your current emotional or mental state.

Overall Burnout: Work Exhaustion and Interpersonal Disengagement Scales

During the past two weeks I felt...	Not at all Score- 0	Very little Score -1	Moderately Score - 2	A lot Score- 3	Extremely Score-4
A sense of dread when I think about work I have to do					
Physically exhausted at work					
Lacking in enthusiasm at work					
During the past two weeks my job has contributed to me feeling....	Not at all Score- 0	Very little Score -1	Moderately Score - 2	A lot Score- 3	Extremely Score-4
Less empathetic with patients					
Less empathetic with colleagues					
Less sensitive to others' feelings/ emotions					
Less interested in talking with my patients					
Less connected with my colleagues					

Average of 1.33 or greater indicates you may be experiencing burnout

Suggestions for addressing burnout:

Houston Methodist Mental Well-being Programs	Mental Health and Wellbeing Programs.aspx Behavioral Health - Texas Medical Center Houston Methodist
HM EAP Program	Mylifematters.com (access code HM1) 800.634.6433 Or Text HELLO to 61295
Spiritual Support: HM Chaplain Services	Dr. Kory Fontenot- 832-986-8257
Seek Support from Peers and Mentors	Lean on fellow residents, attendings, or mentors for emotional support and advice. Sharing experiences with others facing similar challenges can alleviate stress and offer valuable perspective.
Prioritizing self- care	Prioritize sleep, exercise, healthy eating, and mindfulness practices. Even small moments of self-care can improve energy levels and resilience.
Hobbies	Engage in Hobbies or Activities Outside of Medicine
Create a growth mindset	View challenges as opportunities to grow rather than obstacles. Embracing mistakes and learning from them can help reduce feelings of frustration and provide a sense of accomplishment.