

Quiz:

*Based on Your
Relationship with
Your Campus Office,*

*What Level of
Burnout Have
You Achieved?*

/Triny Finlay/

Triny Finlay (she/they) is a queer and genderfluid poet, scholar, teacher, and mother. Their books include *Myself A Paperclip*, *Histories Haunt Us*, and *Splitting Off*. They live on the unceded and unsurrendered land of Wolastoqiyik, where they teach English and Creative Writing at the University of New Brunswick.
–tfinlay@unb.ca

Give yourself 1 point for each question for which your answer is “yes.”

CONTENT WARNING:
mentions suicide, psychosis, paranoia, depression, and other forms of madness.

- 1 You have cried in your campus office.
- 2 You cried in your campus office today.
- 3 You keep a mirror in your campus office to check your makeup after crying.
- 4 You have locked yourself out of your campus office at least once in the past month.
- 5 You have locked yourself in your campus office at least once in the past month.
- 6 You have considered bringing home the wooden coat rack from your campus office.
- 7 You have taken home the wooden coat rack from your campus office.
- 8 You have hidden in your campus office with a tin of Quality Street chocolates, first eating all the penny caramels, then all the toffee sticks, then the rest of them, even the gooey strawberry cream ones that you hate.
- 9 You have driven to your campus office on a weekend just to sit in a comfortable chair and daydream. Add an extra point if this has happened on a Saturday morning.
- 10 You have been at your campus office so late that campus security has knocked on your door to check in on you.
- 11 You have ignored a knock on your campus office door.
- 12 You have a mug with old coffee in it on the desk of your campus office.
- 13 You have more than five mugs with old coffee in them in your campus office.
- 14 You have spilled coffee on the floor of your campus office at least once this week.
- 15 You have a special shelf in your campus office for love letters from old flames whose careers are built on your sharpest, wildest ideas.
- 16 You have filled at least one bookshelf in your campus office with Lego Simpsons mini figures.
- 17 You have filled at least one bookshelf in your campus office with Gumby paraphernalia.

- 18 You have not put anything other than books on the bookshelves in your campus office.
- 19 You have one dead plant in your campus office.
- 20 You have at least five dead plants in your campus office.
- 21 Every plant in your campus office is dead.
- 22 You have covered the door of your campus office with poems about loneliness.
- 23 You have peed in the garbage can in your campus office in order to avoid colleagues in the hallway.
- 24 You have imagined opening the window to your campus office and jumping out of it.
- 25 You have packed an unopened forty-ouncer of gin and a month's supply of sleeping pills into your work bag and driven to your campus office. You have unlocked your office door, turned on a soft lamp, closed the door, sat at your old oak desk, opened the bottle of gin, and taken swig after swig after swig. You have noted the satisfying burn. Back when your psychosis was flaring, your depressed brain on fire, every object in your campus office became a listening device, every colleague's greeting a tongue's lash. You hid in your campus office on days when you couldn't face just how far you'd strayed from the peaceful life you'd imagined for yourself, the asbestos-riddled walls a reminder of your failings. Now, your campus office is a threshold, showing you the limit of what you can tolerate. You have taken swig after swig of gin until the room looks fuzzy, indistinct, unfamiliar, until there's only a finger of gin left in the bottle. You have tried to write a note, but there's nothing left to say. You have written out your phone's access code on a small pink Post-It, hoping someone—your partner, your children, a friend—will find the rants in your Notes app and somehow understand: you can't continue with this particular life. You have opened the bottle of sleeping pills and spilled them onto your desk. You have arranged them in a spiral pattern. You have taken all of them, one at a time, dry. You have pulled up your best friend's number on your cell phone and pressed "call" and mumbled something about your campus office before passing out into the abyss.

SCORING KEY:

1–5 points: *You have a healthy relationship with your campus office. You are most likely not suffering from burnout.*

6–10 points: *You and your campus office are having some issues. Burnout is imminent.*

11–15 points: *You are in a toxic relationship with your campus office. You are suffering from burnout.*

16–20 points: *Your campus office is not a safe space for you. You and your burnout should seek professional help.*

21–25 points: *Why are you even taking this quiz? Call your therapist immediately. You can't play when you're in survival mode.*