

£10 Off your next order using code NEXT10. Claim now

MENTAL HEALTH • 1 minute read

Quiz: how to know if you have burnout

By [Kirsty Mason](#) | Medically reviewed by [Dr Luke Pratsides](#)



Even if you're aware of the warning signs, you might find it difficult to know if you have burnout. Take this quiz to determine whether you're experiencing burnout.

TAKE THE QUIZ

If you find you are experiencing burnout, make sure you read our [expert tips](#) on how to recover.

Most read

£10 Off your next order using code NEXT10. Claim now

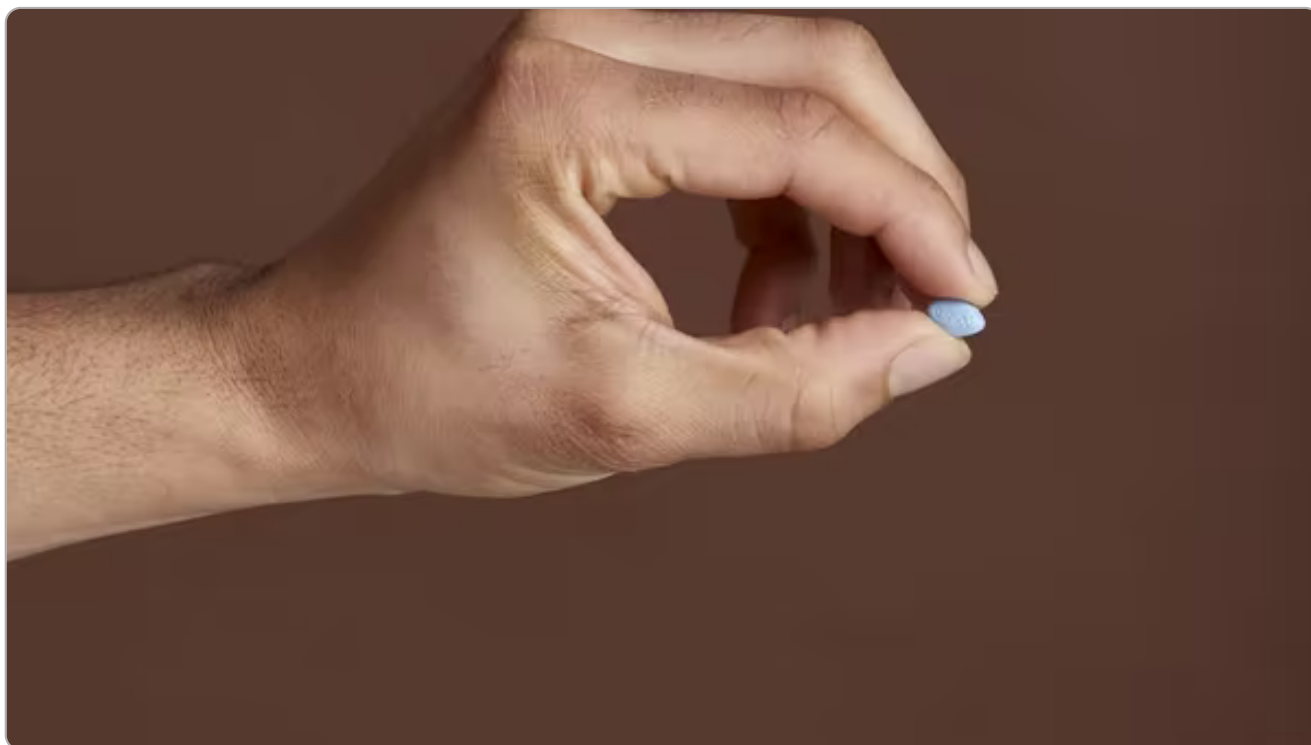
Get started



HAIR

David's 5-month hair regrowth story

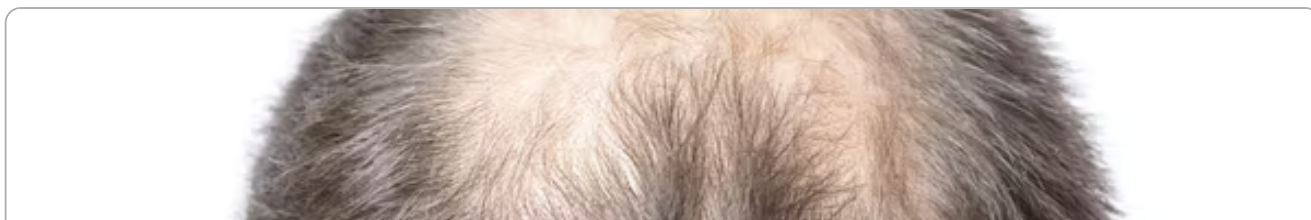
By Emily Cameron



ERECTIONS

The do's and don'ts of taking Viagra

By Emily Cameron



£10 Off your next order using code NEXT10. Claim now

Get started



HAIR

What if minoxidil doesn't work for me?

By Ashton Sheriff



ERECTIONS

3 exercises designed to help improve erectile function

By Ashton Sheriff



£10 Off your next order using code NEXT10. Claim now

Get started



ERECTILE DYSFUNCTION

The hard truth about testosterone and erectile dysfunction

By Ashton Sheriff



HAIR

Grant's hair regrowth story

By Emily Cameron

Start your online consultation now

It's easy to get started. And it's free. Two things that are pretty great.

Get started

NUMAN

TREATMENTS

LEGAL

FOLLOW

ACCOUNT

ERECTILE DYSFUNCTION

TERMS & CONDITIONS

BLOG

£10 Off your next order using code NEXT10. Claim now

[Get started](#)

[PERSONALISED](#)

[MAKE A COMPLAINT](#)

[SUPPLEMENTS](#)

[SUPPLEMENTS](#)

[SEE ALL](#)

Have a question? Call us on 0808 169 9594

Numan is regulated by the Care Quality Commission, the independent regulator of all health and social care services in England

