



Chef-Life Balance Self- Assessment

**This Self-Assessment Tool will help chefs
evaluate and improve their work-life balance.**



**Unilever
Food
Solutions**

Self-Assessment Quiz

1/4



Jump to [page 6](#) for our tips to manage work-life balance.

Section 1:

Self-Reflection & Wellbeing

(1 = Strongly Disagree | 5 = Strongly Agree)

1. I feel mentally well and emotionally balanced most days

1

2

3

4

5

2. I can manage my stress levels effectively during busy shifts

1

2

3

4

5

3. I have enough time and energy for personal interests and family outside of work

1

2

3

4

5

4. I take regular breaks during my shift that help me recharge

1

2

3

4

5

5. I feel that I work fair hours

1

2

3

4

5

Add your section total:

Self-Assessment Quiz

2/4

Section 2:

Workplace Culture & Support

(1 = Strongly Disagree | 5 = Strongly Agree)

6. I feel supported by my team and leadership when I’m stressed or overwhelmed

1

2

3

4

5

7. There is an open and safe culture in my kitchen to discuss mental health and burnout

1

2

3

4

5

8. I know who to approach at work if I need support with my wellbeing

1

2

3

4

5

9. My workload is manageable, and I do not feel consistently overworked

1

2

3

4

5

10. The kitchen promotes healthy work-life balance practices

1

2

3

4

5

Add your section total:

Self-Assessment Quiz

3/4

Section 3:

Stress Management & Coping Strategies

(1 = Strongly Disagree | 5 = Strongly Agree)

11. I use strategies like deep breathing or stepping away to manage stress during service

1

2

3

4

5

12. I engage in activities outside of work that help me unwind and relax

1

2

3

4

5

13. I take time off when needed to recharge, without feeling guilty or pressured

1

2

3

4

5

14. I reflect on my wellbeing regularly and take steps to improve it

1

2

3

4

5

15. I feel proud of how I balance my work and personal life

1

2

3

4

5

Add your section total:

Self-Assessment Quiz

4/4

Section 4:

Growth & Sustainability

(1 = Strongly Disagree | 5 = Strongly Agree)

16. I believe my current workload and schedule are sustainable in the long term

1

2

3

4

5

17. I see opportunities for career growth without sacrificing my wellbeing

1

2

3

4

5

18. I feel fulfilled and motivated in my role, most days

1

2

3

4

5

19. I have control over my schedule and can influence my work hours when needed

1

2

3

4

5

20. I feel optimistic about maintaining a healthy work-life balance in the future

1

2

3

4

5

Add your section total:

Scoring Breakdown

80 - 100

You're in the Zone

You've struck a solid rhythm between the demands of the pass and your life outside the kitchen. You handle pressure with a cool head, pace yourself with breaks when needed, and show up each shift with energy to spare. You've made space for rest, family, and the things that keep your fire lit, and it shows. The crew feels it too. Your attitude lifts the line, and your passion for the craft is contagious.

Take Action:

- ☒ **Stick to what's working:** Keep taking breaks, drink water during prep, and step outside for fresh air after rush. These small resets keep you sharp.
- ☒ **Help out a teammate:** If someone's drowning in the weeds, jump in or just ask, "You good?" Share tips that help you stay cool under pressure.
- ☒ **Level up your role:** Want more responsibility or to lead a station? Let your head chef or manager know. Sign up for our [**Free Leadership Training**](#) to build the skills for your next move.

Scoring Breakdown

60 -79

Good Balance

You're managing the day-to-day demands of the kitchen, but the stress creeps in now and then. Sometimes meals or breaks get skipped, and work bleeds into your time off. You're still recharging, but the tank isn't always full. You feel backed by the team, but it's hard to speak up when the rush is on.

Take Action:

-  **Spot the pressure points:** Take 2 minutes before or after shift to check in with yourself. What's draining you? Use our Wellbeing Check-In [add link] to figure out what's off and how to ease it.
-  **Protect your time:** Block out a few minutes for a proper break during prep or cleanup. Even just 10 minutes to sit, eat, or breathe.
-  **Use your tools:** Try a quick breathing reset before service: 4 deep breaths can bring your focus back fast. Or try a short [BodyArt warm-up](#) before your shift to release tension.
-  **Speak up early:** Don't wait until burnout hits. Drop a word to your sous or chef when something's off. Even if it's just, "Can I talk after service?" Most good leaders will listen.

Scoring Breakdown

40-59

Moderate Risk

You're working hard, and it's starting to show. The pressure of the kitchen it's start to taking a toll. Work is spilling into your personal life, not giving you enough time to reset. Feeling unsupported or keeping it bottled up only makes it heavier. Time to hit pause and take care of your own fire before it burns out.

Take Action:

-  **Prioritise wellbeing: Draw the line:** Try and implement a break during each shift. Even 10 minutes to relax and eat will have a huge impact. Check out tips from other chefs [insert link as per article reference] on how they protect their time.
-  **Speak up (or team up):** If talking to leadership feels heavy, loop in a teammate you trust. Practice what you want to say, or ask them to join the convo. You're not alone, and most kitchens want to help, they just need to know where you're at.
-  **Unload the stress:** Try a 5-minute reset before or after shift. Stretch it out, take a quiet moment, or use a guided breathing app. Simple stuff makes a difference. Find the full list of stress-busting tools in our [Wellbeing Guide](#).

Scoring Breakdown

Below 40

High Risk

Your work-life imbalance is likely affecting your wellbeing; immediate support is needed.

Your physical and mental wellbeing is suffering and you're close to burnout. You may be experiencing chronic fatigue, sleep issues, irritability, or even anxiety, and the intense pressure is likely affecting both your performance and your personal life. Your passion for your craft may be waning, and you could be feeling isolated or disconnected.

Take Action:

-  **Seek immediate support: Speak up now:** Talk openly with leadership about your current challenges. You can also reach out to associations and support services in your [region here](#).
-  **Schedule a real break:** Block out some downtime, whether it's a day off or a longer rest to recharge fully. Your body and mind need it to come back strong.
-  **Get the right support:** Check out our Mental Health Course for practical tools, and don't hesitate to lean on peer networks or professionals. Share these resources with your crew—they might need it too.

For more information and
downloadable support assets
go to www.UFS.com



Unilever
Food
Solutions