Working Stress Level Chart

Complete the following chart to identify your stress levels within your current working role/environment. Circle the number closest to how you feel between the pole statements

Position too secure, path mapped out & predictable	1 2 3 4 5 6 7 8 9	Position &/or organisation insecure
Too few demands	1 2 3 4 5 6 7 8 9	Too much to do
Tasks too easy	1 2 3 4 5 6 7 8 9	Tasks too hard
Too quiet	1 2 3 4 5 6 7 8 9	To noisy
Repetitive, little variety	1 2 3 4 5 6 7 8 9	Too much variety
Monotony	1 2 3 4 5 6 7 8 9	Many different projects on the go
Too little travelling	1 2 3 4 5 6 7 8 9	Too much travelling
Too little progression	1 2 3 4 5 6 7 8 9	Fast track career
Too little influence/control or responsibility	1 2 3 4 5 6 7 8 9	Too much influence/control or responsibility
Too little interest or involvement in work	1 2 3 4 5 6 7 8 9	Too much interest or involvement in work
Over managed	1 2 3 4 5 6 7 8 9	Self-reliant
Don't care about work	1 2 3 4 5 6 7 8 9	Totally committed to work

Scale:

Under-stressed 12 60 108 Over-stressed

For a healthy score you need to be somewhere mid-scale i.e. 60. Notice any extreme scores, consider whether these are balanced out by the other scores and whether the situation is generally satisfactory.

If your score is at or near either extreme, consider what action you can take? Who can help? What options do you need to explore?

Remember - being Under-stressed is just as unhealthy as being Overstressed