



How Stressed Are You at Work?

Stress comes in all sorts of shapes and sizes, differs for each of us, we all respond to stress in diverse ways, acute and chronic stress have different effects, and the separation between them is often blurred. These and demographic influences make it difficult for scientists to agree on a definition of stress, much less measure it. There are hundreds of stress questionnaires, which have broad ranges in scope and focus. Below is a survey developed by the American Institute of Stress to serve as a simple screening measure to determine the need for further investigation with more comprehensive assessments. If your score is high, you may consider trying some of the tips from the Dial It Down campaign or even contacting your Employee Assistance Program (EAP) for assistance.

Workplace Stress Survey

Enter a number from the sliding scale below, which best describes you.

STRONGLY DISAGREE

AGREE SOMEWHAT

STRONGLY AGREE

1- 2- 3- 4

5- 6- 7

8 -9- 10

I can't honestly say what I really think or get things off my chest at work. _____

My job has a lot of responsibility, but I don't have very much authority. _____

I could usually do a much better job if I were given more time. _____

I seldom receive adequate acknowledgement or appreciation when my work is really good. _____

In general, I am not particularly proud or satisfied with my job. _____

I have the impression that I am repeatedly picked on or discriminated against at work. _____

My workplace environment is not very pleasant or safe. _____

My job often interferes with my family and social obligations, or personal needs. _____

I tend to have frequent arguments with superiors, coworkers or customers. _____

Most of the time I feel I have very little control over my life at work. _____

Add up the replies to each question for your **TOTAL JOB STRESS SCORE** _____

If you score between 10-30, you handle stress on your job well; between 40-60, moderately well; 70- 100 you are encountering problems that need to be resolved.

Source: *The American Institute of Stress*, <http://www.stress.org/self-assessment/>

www.commonhealth.virginia.gov

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