

## Workplace Stress Survey

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

<u>Strongly Disagree</u>		<u>Strongly Agree</u>		<u>Agree Somewhat</u>
1	2	3	4	5
6	7			8
9				10

1. I can't honestly say what I really think or get things off my chest at work. \_\_\_\_\_
  2. My job has a lot of responsibility, but I don't have very much authority. \_\_\_\_\_
  3. I could usually do a much better job if I were given more time. \_\_\_\_\_
  4. I seldom receive adequate acknowledgement or appreciation when my work is really good. \_\_\_\_\_
  5. In general, I am not particularly proud or satisfied with my job. \_\_\_\_\_
  6. I have the impression that I am repeatedly picked on or discriminated against at work. \_\_\_\_\_
  7. My workplace environment is not very pleasant or safe. \_\_\_\_\_
  8. My job often interferes with my family and social obligations, or personal needs. \_\_\_\_\_
  9. I tend to have frequent arguments with superiors, coworkers or customers. \_\_\_\_\_
  10. 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: American Institute of Stress.*