

Potential Yellow Flags of Work Stress

Read the list below and place an **X** by any **yellow flags** you may be experiencing at this time in your life.

| Question | No | Yes |
|---|----|-----|
| 1) I have trouble meeting my deadlines. | | |
| 2) I postpone/ don't even take portions of my allotted vacations. | | |
| 3) I will skip breaks and lunch due to too much work. | | |
| 4) I feel that my motivation is declining. | | |
| 5) I phone in sick more than usual. | | |
| 6) I tend to leave work earlier than usual. | | |
| 7) I am starting to arrive late for work more often. | | |
| 8) I see a decrease in my effectiveness at work. | | |
| 9) I don't care to take the time to be collaborative. | | |
| 10) I have been on stress leave before. | | |
| 11) I feel I am withdrawing from my colleagues. | | |
| 12) I feel I am becoming less reliable at work. | | |
| 13) I have been getting complaints about my performance. | | |
| 14) I feel consistently unreliable to colleagues. | | |
| 15) I am making more errors in judgment than usual. | | |
| 16) My productivity has decreased. | | |
| 17) I have an increasingly negative attitude toward my work. | | |
| 18) I am unusually late for meetings. | | |
| 19) I feel I look strained and tense. | | |
| 20) I am overreacting to minor situations. | | |
| 21) There is a decline in my personal appearance. | | |
| 22) I feel I have to have instructions repeated to me more often. | | |
| 23) I am short-tempered with my colleagues and/or clients. | | |
| 24) I am blaming others for errors when they are mine. | | |
| 25) I find myself participating in negative gossip at work. | | |
| 26) I cover up my mistakes. | | |

On their own, the symptoms listed may not amount to much, but when more than three are obvious over a long period, this should trigger concern. Take steps to care of yourself, your family, clients, and your colleagues from mounting stress by heeding these warning signs.

