

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.

Reflection

Reflect on how you answered each question. Are there questions that stood out for you more than others? What did you note about yourself and meeting your own self-care needs, while doing this exercise? Is there anything you would like to do differently?

Resource: *Compendium12* by Olivia McIvor