Potential Flags of Work Stress

Kindness Speaks Volumes

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.

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Reflection

Reflect on how you answered each question. Are there questions that stood out for you others? What did you note about yourself and meeting your own self-care needs, while exercise? Is there anything you would like to do differently?	
Resource: Compendium12 by Olivia McIvor	