



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.