

Workplace Stress Checklist

YES NO

Personal Stress Management Checklist

What causes stress for you?

- ❖ Routine hassles: long lines in stores, heavy traffic, long waits on hold during telephone calls, etc.
- ❖ Personal problems with family members, illnesses, financial difficulties, etc.
- ❖ Job problems—new job or boss, procedures, deadlines or other pressures, layoffs, etc.
- ❖ Major life changes—marriage, divorce, new baby, death of a loved one, new house, new job.
- ❖ Overload from personal, job, financial, and other problems coming all at once.

Other stress factors you identify:

Do you make situations worse by:

- ❖ Holding feelings in, not admitting when you're angry or upset?
- ❖ Blowing up and blaming others?
- ❖ Becoming violent?
- ❖ Assuming things will go wrong and wasting time and energy worrying about them?
- ❖ Withdrawing from people or situations that might cause stress?
- ❖ Trying to do everything perfectly?
- ❖ Taking every difficult situation personally?
- ❖ Turning to drugs or alcohol to avoid facing problems?