

## Job causing you stress?

A recent Gallup poll said that 80% percent of workers feel stress on the job and nearly half say they need help learning how to cope with it.

Stress on the job isn't all bad. Pressure to perform can help you achieve your goals, motivate you to advance your career and reward you emotionally when you reach a goal you've strived for. But constant stress, feeling out of control of your destiny and feeling too much pressure not only causes mental burn-out, but can affect your physical health as well. Experts say that up to 70% of illnesses may be caused by stress. Take the STRESS TEST at right to see how well you're coping with on-the-job stress.

### WHAT'S YOUR SCORE?

#### 0 - 7 **Good Stress**

Some stress is a natural – and in some ways good – part of every job. You seem to have your job stress under control.

#### 8 - 14 **Mild Stress**

Your stress probably comes in waves – along with pressure on the job. You might want to look for ways to make sure you're communicating with your coworkers and getting the help you need when things get tough.

#### 15 - 22 **High Stress**

Your stress level is high enough to warrant thinking about some changes you could make to help keep you from burning out. Talk to your coworkers, boss and family members to get their help.

#### 23 - 30 **Danger Zone**

Your stress level is off the meter. You should not only talk to your boss, coworkers and family about your stress, but may want to find a trusted friend or counselor who can lend an ear and help you with some tactics to reduce your stress.

## STRESS TEST

The **STRESS TEST** is a quick and easy way to pinpoint areas – relating to your job – that might be causing you stress. Once you've identified them, try talking to your boss about ways you can work together to make your stress level more manageable.

**0 = never    1 = sometimes    2 = almost always**

1. I worry about my job.	0	1	2
2. I have too much responsibility.	0	1	2
3. My duties and goals at work are unclear.	0	1	2
4. I don't feel I get paid enough for the work I do.	0	1	2
5. I often leave tasks unfinished because there isn't enough time to get things done.	0	1	2
6. I have trouble focusing on a specific task.	0	1	2
7. I have trouble communicating with my boss or coworkers.	0	1	2
8. I handle most tasks alone without the help or support of coworkers.	0	1	2
9. My job seems to be putting out one fire after another.	0	1	2
10. I often have headaches or stomach pains.	0	1	2
11. My job causes conflict with my family or home life.	0	1	2
12. I have problems sleeping.	0	1	2
13. I don't have time for hobbies or leisure activities.	0	1	2
14. I spend most of my time sitting at a desk - I don't get much physical exercise.	0	1	2
15. I often need a drink to relax.	0	1	2

**Your TOTAL SCORE** \_\_\_\_\_