

SURVEY STRESS MANAGEMENT

1In the last six months, what is the most stressful thing to have happened to you?

- A change in your relationship with colleagues at work
- A change in your relationship with the boss
- A high turnover of personnel at your organisation
- No significant changes

2What has been the biggest change to your life in the last 12 months?

- Retired from work
- Changed your working hours/conditions/responsibilities
- Been sacked/made redundant
- No significant changes

3In the past 12 months, what has been your worst experience?

- Major personal injury or illness
- Injury or illness of someone close to you
- Death of someone close to you
- None of the above

4Which of these has been the most significant change for you in the last 12 months?

- A significant change in your financial situation
- A significant change in your personal relationships
- A significant change in both of these
- No significant changes in either of these

5How much time do you spend travelling to/from work each day?

- More than two hours
- Between one and two hours
- Between 30 minutes and one hour
- Less than 30 minutes

6In the last 12 months, which has been the most significant of these changes to your life?

- A change in your personal habits (dress, manners, associations etc)
- A change in your sleeping patterns
- A change in your eating habits
- No significant changes

7 Which of these is your preferred method of unwinding after work?

- Spend time with friends/family
- Participate in a large group sport or activity
- Watch TV or take part in some other solitary activity
- Drink alcohol or binge eat

8 Which of these best describes your sense of being in control of your life?

- You are in control of personal life and work
- You are in control of personal life, but not work
- You are in control of personal life, but not work
- You are not in control of work or personal life

9 When you have a problem, do you tend to..

- Speak to friends and/or family
- Speak to colleagues
- Try to sort it out on your own and then speak to friends/family later
- Deal with it on your own

10 When you feel unable to cope with an issue or situation, what is your typical emotional reaction...

- Tearful
- Angry
- Withdrawn
- Calm

11 Do you...

- Usually have enough time for all your hobbies/ activities
- Usually have enough time for some of your hobbies/ activities
- Sometimes have enough time for some of your hobbies/ activities
- Never have enough time for your hobbies/ activities

12 In the past 12 months, how many days have you taken off work due to pressure/stress?

- None
- 1-2
- 3-5
- More than five