

Food Safety and Inspection Service  
**Wellness Training Program**

**Worksheet Six: Identify Your Current Job Stressors**

**Instructions:**

Print out this worksheet and then take two or three minutes to make a list of current job stressors that you feel comfortable sharing in a discussion with your coworkers.

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Share your list with your coworkers. Take a couple of minutes to discuss the items on your list. Choose one stressor that you have in common and one that is unique to each member.

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Common Stressor

Unique Stressor

*Discuss the differences and commonalties in the stressors that you and your fellow coworkers experience at work.*

