

Food Safety and Inspection Service
Wellness Training Program

Worksheet One: Identifying Stress Triggers

Instructions:

The following is a list of stress triggers. Print out this worksheet and then place a check mark by any event that you regularly experience or have experienced in the last year. Please add any other stress triggers that you experience at the end of each section.



Daily Hassles



- Confined to one area
- Break time delayed or inconsistent
- Equipment breakdown
- Unpredictable overtime
- Short staffed/double coverage
- Poor presentation of product (e.g., "bad birds")
- Disagreement with Veterinary Medical Officer (VMO), coworker, or plant employee
- Oversleeping
- Traffic jam
- Other(s) _____



Major Events



- Being transferred to a new job site
- Divorcing or breaking up
- Getting married
- Going away to FSIS training
- Receiving the diagnosis of a serious medical disorder (e.g., Cumulative Trauma Disorder)
- Being laid off or fired
- Promotion
- Having a baby



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(Major Events continued)

- Having surgery
- Accident at work (e.g., a bad cut or fall)
- Other(s) _____

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Ongoing Pressures

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- Having to defend decisions to condemn product
 - Protecting the public
 - Chronic illness (e.g., Carpal Tunnel Syndrome)
 - Temperature extremes at work
 - Line speed
 - Repetition
 - Tension with plant management
 - Money worries
 - Poor relationship with family member or friend
 - Alcoholism or drug addiction
 - Other(s) _____

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Look back over the stress trigger items you checked. Can you find any pattern or discover any insights about what stresses you? Are your checkmarks spread around or concentrated in one category? Are they work-related or more personal in nature?
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