

Food Safety and Inspection Service
Wellness Training Program

Module V: Personal Review

1. According to your score on "Worksheet Four: Identify Your Symptoms of Job Stress," you

- are probably coping adequately with the stress of your job
- are suffering from job stress
- need to take preventive action to avoid job burnout
- are burning out and must develop a comprehensive job stress management plan

2. List the categories in which you scored 12 points or more on "Worksheet Five: Identify the Sources of Your Job Stress."

3. After completing "Worksheet Six: Identify Your Current Job Stressors," list the job stressor you had in common with most people in your group.

4. List a job stressor that you had that was unique to you within your group.

5. After completing "Worksheet Seven: Identify Coping Techniques for Your Job Stressors," list a coping technique that was a new idea to you.
