

Wellness Training Program

Worksheet Four: Identify Your Symptoms of Job Stress

Instructions: Print out this worksheet and rate your experience in your job during the past year, using the following 5-point scale. Calculate your total score and write it in the **Total** box.

0 = Never 1 = Occasionally 2 = Somewhat often 3 = Frequently 4 = Almost always

- _____ I feel little enthusiasm for doing my job.
- _____ I feel tired even with adequate sleep.
- _____ I feel frustrated in carrying out my responsibilities at work.
- _____ I am moody, irritable, or impatient over small inconveniences.
- _____ I want to withdraw from the constant demands on my time and energy.
- _____ I feel negative, futile or depressed about my job.
- _____ My decision-making ability seems less than usual.
- _____ I think that I am not as efficient as I should be.
- _____ The quality of my work is less than it should be.
- _____ I feel physically, emotionally, or spiritually depleted.
- _____ My resistance to illness is lowered.
- _____ My interest in sex is lowered.
- _____ I am eating more or less, drinking more coffee, tea, or soda, smoking more cigarettes, or using more alcohol or drugs in order to cope with my job.
- _____ I am feeling emotionally callous about the problems and needs of others.
- _____ My communication with my boss, co-workers, friends, or family seems strained.
- _____ I am forgetful.
- _____ I am having difficulty concentrating.
- _____ I am easily bored.
- _____ I feel a sense of dissatisfaction, of something being wrong or missing.

- _____ When I ask myself why I get up and work, the only answer that occurs is "my paycheck."

Total (Enter the total number of points.)

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If you scored 0 to 25, you are probably coping adequately with the stress of your job. If you scored 26 to 40, you are suffering from job stress and would be wise to take preventive action. If you scored 41 to 55, you need to take preventive action to avoid job burnout. If you scored 56 to 80, you are burning out and must develop a comprehensive job stress management plan. **Later stages in this stress management workbook series will help you to construct your own personal stress management plan to help you take preventive action to avoid job burnout.**