

Network to Work Meeting

August 2019

ACTIVITY – WORKPLACE STRESS ASSESSMENT

Instructions: Answer the following questions regarding either your current training assignment or past workplace experiences. You will have 15 minutes to complete. Refer to the Resource Document where indicated.

#1) A source of workplace stress:

How does this situation make you feel?

What is your typical response to this stressor?

How satisfied are you with that response? (1 – 5; 1 is extremely unsatisfied; 5 is very satisfied)

How else could you respond? (see Resource Document)

#2) A source of workplace stress:

How does this situation make you feel?

What is your typical response to this stressor?

How satisfied are you with that response? (1 – 5; 1 is extremely unsatisfied; 5 is very satisfied)

How else could you respond? (see Resource Document)

#3) A source of workplace stress:

How does this situation make you feel?

What is your typical response to this stressor?

How satisfied are you with that response? (1 – 5; 1 is extremely unsatisfied; 5 is very satisfied)

How else could you respond? (see Resource Document)

#4) A source of workplace stress:

How does this situation make you feel?

What is your typical response to this stressor?

How satisfied are you with that response? (1 – 5; 1 is extremely unsatisfied; 5 is very satisfied)

How else could you respond? (see Resource Document)

#5) A source of workplace stress:

How does this situation make you feel?

What is your typical response to this stressor?

How satisfied are you with that response? (1 – 5; 1 is extremely unsatisfied; 5 is very satisfied)

How else could you respond? (see Resource Document)