

Stress Survey

- Feeling that there isn't enough time to do things properly
- Not taking enough physical rest or mental relaxation
- Doing a task that you know you shouldn't be, or that you don't really agree with, because you didn't say No
- General feeling of not tackling the big issues because all your time and energy is used on the small problems
- Multi-tasking: doing more than one job at a time
- Untidy desk
- Interruptions when you are in a hurry to finish a job
- Problems in the back of your mind when attempting to relax
- Deadlines coming up
- uncertainty about whether they will be achieved
- Bursts of panic activity when everything hits at once
- Chatty people when you are busy
- Being late, and not being able to do anything about it (e.g. stuck in traffic, or photocopier jams at key moment)
- Uneasy feeling of not achieving goals
-in life -at work
- Not as physically fit as you should be
- Unpleasant jobs hanging over you

