

**Individual stress risk assessment: questions to identify concerns in each of the six main stress categories.**

<b>Sources of stress</b>	<b>Questions to ask</b>
<b>Demands</b>	<ul style="list-style-type: none"> <li>• Do you feel you have too much or too little work to do or just the right amount?</li> <li>• Do you feel confident about your ability to do the job?</li> <li>• Have you had sufficient training to do your job?</li> <li>• Are there any problems with your work environment?</li> </ul>
<b>Control</b>	<ul style="list-style-type: none"> <li>• Are you able to have some say about how your job is done?</li> <li>• Do you feel included in decision making in the team?</li> <li>• Do you feel you are using the skills you have got to full effect?</li> </ul>
<b>Support</b>	<ul style="list-style-type: none"> <li>• Do you feel that you get enough support from your manager and colleagues?</li> <li>• Do you take the breaks you are entitled to at work?</li> <li>• Do you feel you have a healthy work-life balance?</li> </ul>
<b>Relationships</b>	<ul style="list-style-type: none"> <li>• Are you affected by any conflict in the team?</li> <li>• Are you subjected to any bullying or harassment at work?</li> <li>• Do you feel the team works well together?</li> </ul>
<b>Role</b>	<ul style="list-style-type: none"> <li>• Are you clear about your roles and responsibilities at work?</li> <li>• Do you feel that there is any conflict in your role?</li> <li>• Do you understand others roles in the team?</li> </ul>
<b>Change</b>	<ul style="list-style-type: none"> <li>• Are you made aware of any changes that are happening at work?</li> <li>• Do you understand why the change is happening?</li> <li>• Do you understand the impact on your job of any change?</li> <li>• Do you feel well supported during change at work?</li> </ul>