Sources of Stress at Work			
Demands	**Yes**	**No**	**Sometimes/ Comments**
Do you feel that your workload is appropriate?			
Do you feel that your skills are being well-used?			
Control			
Are you able to have a say about the way that you do your work?			
Are you able to use your initiative as appropriate in your job?			
Are you able to take breaks at appropriate times of the day? (e.g. lunchtime)			
Are you encouraged to develop your skills?			
Do you have any control over your work patterns?			
Support			
Do you receive adequate information from your manager to enable you to do your job?			
Do you receive adequate information from your colleagues to enable you to do your job?			
Do you get adequate support from your manager?			
Do you get adequate support from your colleagues?			
Do you know how to find the support you require?			
Do you know how to access the resources you need to do the job?			
Do you receive constructive feedback about your work?			
Relationships			
Do you feel that you have good working relationships?			
Do you feel that any conflicts at work are dealt with appropriately?			
Do you feel that you are subjected to unacceptable behaviour? E.g. harassment and bullying			
Role			
Have your role and responsibilities been made clear?			
Do you feel that you have conflicting responsibilities?			
Change			
Do you receive adequate and timely information about proposed changes at work?			
Do you have the opportunity to comment on proposed changes which will directly affect your work?			
Do you receive training, where necessary, to deal with any changes to your work?			