

Workplace Stress Management Inventory

Answer the following questions regarding how you navigate workplace stress as honestly and objectively as possible. Circle the number on the rating scale that best represents you. Five indicates *most* like you while one is *least* like you.

As I am navigating the demands of my workplace, I:

1. Am aware of the scope and impact of my influence	5	4	3	2	1
2. Have a low need to be in control most of the time	5	4	3	2	1
3. Utilize strategies for maximizing my time	5	4	3	2	1
4. Am always clear on what's expected of me	5	4	3	2	1
5. Work hard to communicate my expectations clearly	5	4	3	2	1
6. Handle unexpected interruptions well	5	4	3	2	1
7. Accept some amount of change and ambiguity as normal	5	4	3	2	1
8. Resist the "panic mode" of thinking	5	4	3	2	1
9. Delegate when applicable and appropriate	5	4	3	2	1
10. Rarely procrastinate when it comes to key actions	5	4	3	2	1
11. Allow my core values to guide my actions & behavior	5	4	3	2	1
12. Am comfortable with my work – life balance	5	4	4	2	1
13. Maintain my sense of humor most days	5	4	3	2	1
14. Stay optimistic and positive most of the time	5	4	3	2	1
15. Utilize healthy methods for relieving stress when it occurs	5	4	3	2	1

TOTAL SCORE _____

If you scored 60 or more, you are navigating your workplace stress at a very high rate of success. If you scored between 45 and 59, you are well on your way to reaping the full range of rewards associated with effective stress management. If you scored less than 45, this is an important development opportunity for you. Try to become a student of the process and look for ways to build on your stress management skills and capacity.

Reminder: This non-validated assessment should be used as an "introductory gauge" that is intended to provide a basic understanding of potential development opportunities. For a deeper understanding of how you manage stress it is recommended that you utilize validated tools and criteria linked to your organization's specific needs and culture.