

## STRESS RISK


Meeting to carry out an objective evaluation of role with Manager/employee.




## ASSESSMENT

Discussion of the job areas which may have contributed to the feelings of stress.

What parts of your job do you feel need to be changed in some way?



Use this space to detail what the problem was.




## Action Plan

What can be done about it? Discussion between manager/employee.

Can we make any adjustments?



Demands of Role



From People

---

Realistic Deadlines?

---

Are Tasks Achievable?

Control Over



Breaks

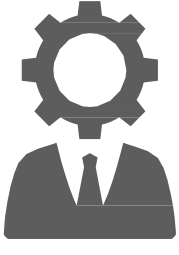
---

Time

---

Tasks

Support (Manager)



Approachable?

---

Encouraging?

---

Helps with Prioritising?

Support (Colleagues)




Respect

---

Supportive team

Relationships.




Family/Team/Friends

---

Bullied/strained  
How is mental health?

Role.



Clear job description?


---

Skills present?

---

Aware of goals?

Change



Consulted?

---

Is there anything else which was a source of stress for you at work or at home?



Jean.fisher@theohbusiness.co.uk

[www.theohbusiness.com](http://www.theohbusiness.com) 01443262219

© Jean Fisher 2017