



## The Workplace Stress Scale™

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and the American Institute of Stress

### What is Stress?

Stress is defined as the nonspecific reaction to demands placed upon the body but of course it is more complex than that. Any situation where a person is subjected to change, and especially big changes in life is deemed stressful. Stress also arises from the feeling that one has little control over life or daily activities. It can result in the breakdown of a person's mental and physical health, and if left unmanaged, to cardiovascular disease and cancer. Stress kills. And it could rob us of the enjoyment we earned from our labors.

### Stress is Not a Disease.

Our bodies are programmed to react to change by creating a cascade of physiological changes that enables us to analyze and react to physical threats. This is often referred to as the *fight or flight* reaction. Under normal circumstances this state of arousal subsides within an hour and the body resumes a more relaxed status where it can digest food and repair itself. However, the body cannot function well in a state of prolonged chronic stress. People who remain in that state for hours a day or all the time will be less capable of achieving daily tasks, experience more sickness and are more prone to injury.

### Directions for The Workplace Stress Scale™

Thinking about your current job, how often does each of the following statements describe how you feel?

	Never	Rarely	Sometimes	Often	Very Often
Conditions at work are unpleasant or sometimes even unsafe	1	2	3	4	5
I feel that my job is negatively affecting my physical or emotional well-being.	1	2	3	4	5
I have too much work to do and/or too many unreasonable deadlines.	1	2	3	4	5
I find it difficult to express my opinions or feelings about my job conditions to my superiors.	1	2	3	4	5
I feel that job pressures interfere with my family or personal life.	1	2	3	4	5
I feel that I have inadequate control or input over my work duties.	1	2	3	4	5
I receive inadequate recognition or rewards for good performance.	1	2	3	4	5
I am unable to fully utilize my skills and talents at work.	1	2	3	4	5

*To calculate your score, add the numbers you answered to all of the 8 questions and see the interpretation below.*

# Weiman Occupational Stress Scale

**Julia Schneider**



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