WHAT ARE YOUR INDICATORS OF STRESS?

1. ALARM

- ◯ Increased heart rate
- ◯ Nausea or churning stomach
- ◯ Sweatiness
- ◯ Inability to concentrate
- ◯ Shallow breathing
- ◯ Dry mouth
- ◯ Very high energy level,shakiness, fidgeting
- ◯ Emotional

2. STRESS AROUSAL

- ◯ Persistent irritability
- ◯ Persistent anxiety
- ◯ Periods of high blood pressure
- ◯ Bruxism (grinding teeth at night)
- ◯ Insomnia
- ◯ Forgetfulness
- ◯ Heart palpitations
- ◯ Inability to concentrate
- ◯ Headaches

3. ENERGY CONSERVATION

- ◯ Lateness for work
- ◯ Procrastination
- ◯ Needed three-day weekends
- ◯ Decreased sexual desire
- ◯ Persistent tiredness in the mornings
- ◯ Social withdrawal
- ◯ Cynical attitudes
- ◯ Resentfulness
- ◯ Increased coffee/tea/cola consumption
- ◯ Apathy

4. EXHAUSTION

- ◯ Chronic sadness or depression
- ◯ Chronic stomach or bowel problems
- ◯ Chronic mental fatigue
- ◯ Chronic physical fatigue
- ◯ Chronic headaches
- ◯ The desire to drop out of society
- ◯ The desire to move away from friends, work, and perhaps even family

IDENTIFYING STRESS INDICATORS IN OTHERS

1. ALARM

- ◯ Increased heart rate
- ◯ Nausea or churning stomach
- ◯ Sweatiness
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- ◯ Shallow breathing
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INTRINSIC VALUES

RATING/10

- [ ] Influence
- [ ] Contribution
- [ ] Integrity
- [ ] Responsibilty
- [ ] Achievement
- [ ] Self respect
- [ ] Honesty
- [ ] Belonging
- [ ] Commitment
- [ ] Spirituality
- [ ] Power
- [ ] Balance
- [ ] Equality
- [ ] Respect
- [ ] Independence
- [ ] Control
- [ ] Freedom
- [ ] Comfort
- [ ] Passion
- [ ] Success
- [ ] Security
- [ ] Recognition
- [ ] Health
- [ ] Giving to the Community

WORK RELATIONSHIPS

RATING/10

- [ ] Management
- [ ] Individualism
- [ ] Teamwork
- [ ] Friendships
- [ ] Cooperation
- [ ] Caring
- [ ] Harmony
- [ ] Competition
- [ ] Leadership
- [ ] Recognition
- [ ] Diversity
- [ ] Loyalty
- [ ] Fun
- [ ] Trust
- [ ] Support
- [ ] Social recognition
- [ ] Social acceptability
- [ ] Open communication

WORK ENVIRONMENT

RATING/10

- [ ] Quiet
- [ ] Structured
- [ ] Learning
- [ ] Fast-paced
- [ ] Relaxed
- [ ] Benefits
- [ ] Flexible
- [ ] Location
- [ ] Excitement
- [ ] Predictable
- [ ] Security
- [ ] Time freedom
- [ ] Comfortable income
- [ ] High earnings
- [ ] Personal safety
- [ ] Sense of community
- [ ] Aesthetically pleasing

WORK CONTENT

RATING/10

- [ ] Variety
- [ ] Advocacy
- [ ] Analytical
- [ ] Challenging
- [ ] Creative
- [ ] Conceptualising
- [ ] Organising
- [ ] Leading edge
- [ ] Initialising
- [ ] Helping
- [ ] Detailed
- [ ] Physical
- [ ] Research
- [ ] Adventuresome
- [ ] Security
- [ ] Decision making
- [ ] Problem solving
- [ ] Public contact

What do you do to demonstrate this value?

What do you expect from others when they are fufilling this value for you?

How/when do you know this value is NOT being fulfilled?

Key

1 -circle

2 -rate top 5

3

