

**Stress Risk
Assessment**



Chamber Skills Solutions
Creating a better workforce



THE STRESS MASTER
WWW.THESTRESSMASTER.COM

Section 1 and 2

These two sections report on the various components involved with working in and managing a business that impact on stress. The top five items are shown here. Individuals selecting the combined choices of *Somewhat*, *A Lot*, and *Significant Amount* are shown as a percentage.

Workload	Time Management	Communication	Lack of Resources	Performance Results
77%	63%	60%	55%	54%

I think badly of myself for not meeting the demands of my job.	I have too much to do and not enough time to do it.	I worry about my job.	I experience one or more of these symptoms: stomachaches, backaches, elevated blood pressure, stiff neck and shoulders.	I am stressed at the end of the day.
62%	61%	53%	51%	48%

Section 3

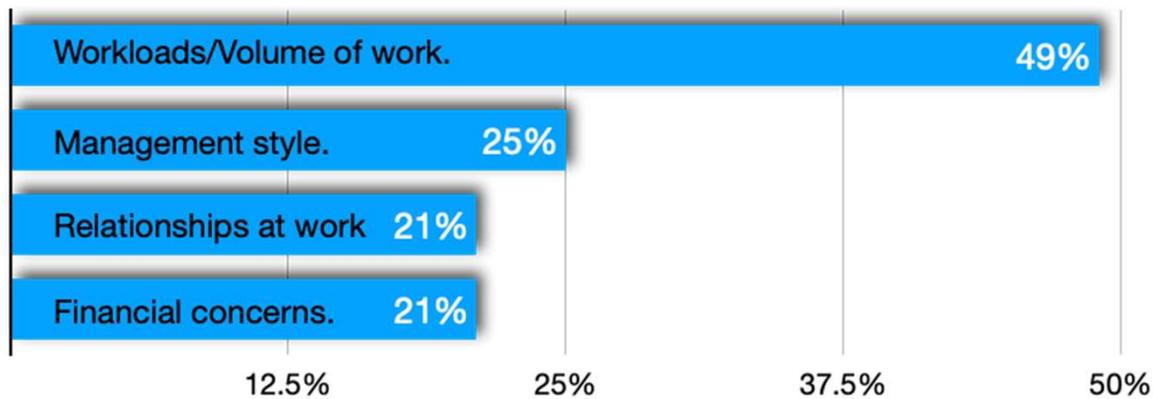
This section digs deeper into the stress experience of individuals and provides data directly related to the cause and effects of stress occurring among respondents.

I find my job stressful.	How would you characterise your general or average level of stress.	Do you experience levels of stress that you find unacceptable.
50%	72%	52%
Agree and Strongly Agree	Moderate, High, Very High	Sometime, Often, Always

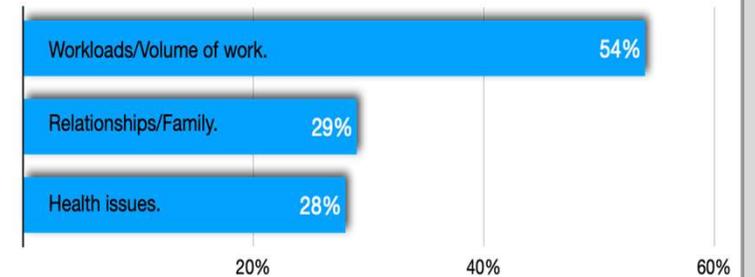
Section 3

It is clear from the responses that people feel burdened by, and worry about their job and their ability to perform at an acceptable level. The following data set confirms the psychological, emotional and physical consequences of that mental worry and fatigue.

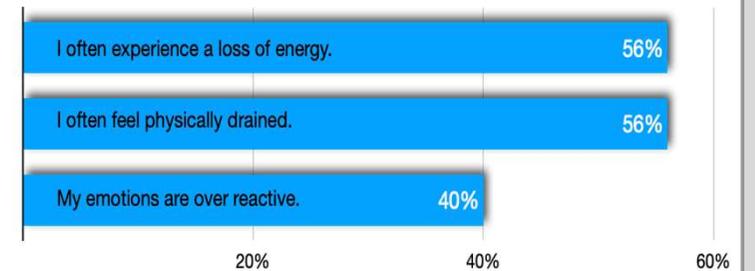
Check the 3 main areas you believe will contribute to less stress.



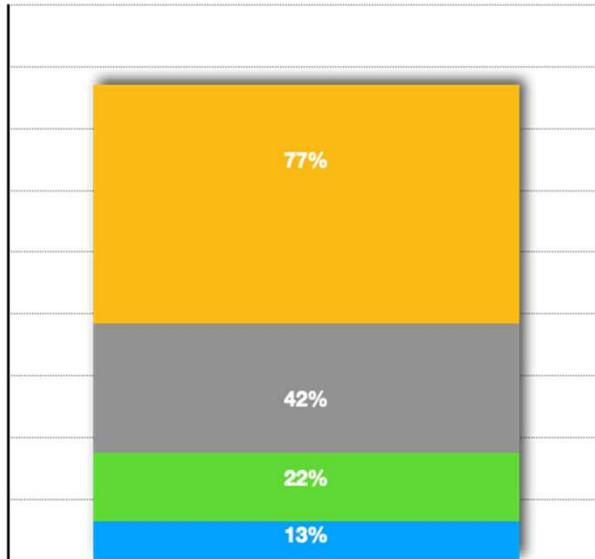
Check the 3 main areas that cause you the most stress.



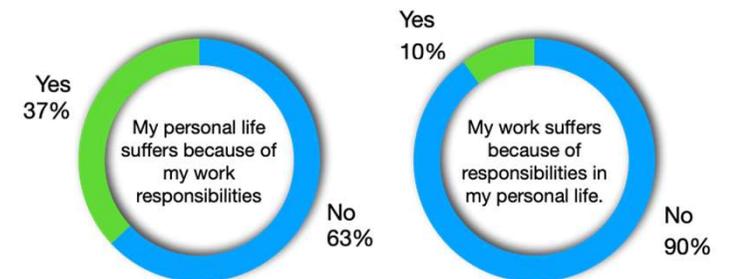
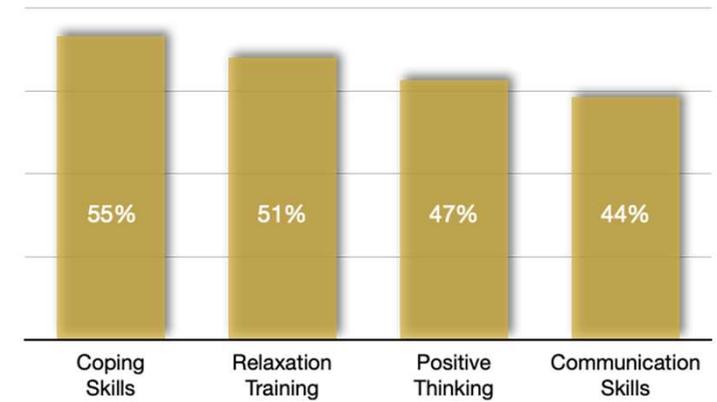
Select the statement that describes you most closely.



Section 3

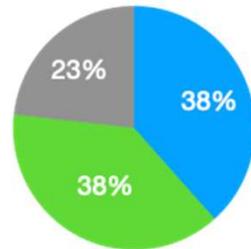


- I believe there is a relationship between stress levels and company outcomes.
- I would be interested in participating in a stress reduction programme.
- I feel my stress level interferes with my performance as a professional.
- I think participating in a stress reduction programme would improve my job performance.



Section 4

Have you experienced unusually high levels of stress in the past 6 months?

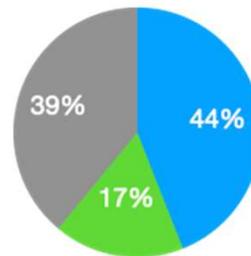


At the time of the survey;
95% in work,
3% on sick leave
2% furloughed.

Being made redundant was not selected.

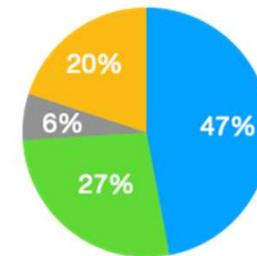
- Yes
- No
- Varies week to week

If you've suffered from unusually high levels of stress in the past 6 months was this...?



- Caused by work
- Made worse by work
- Unrelated to work

In general, how would you say your life Outside of work is?



- Mildly Stressful
- Moderately Stressful
- Very or Extremely Stressful
- Not at all Stressful

Section 5

Demographics

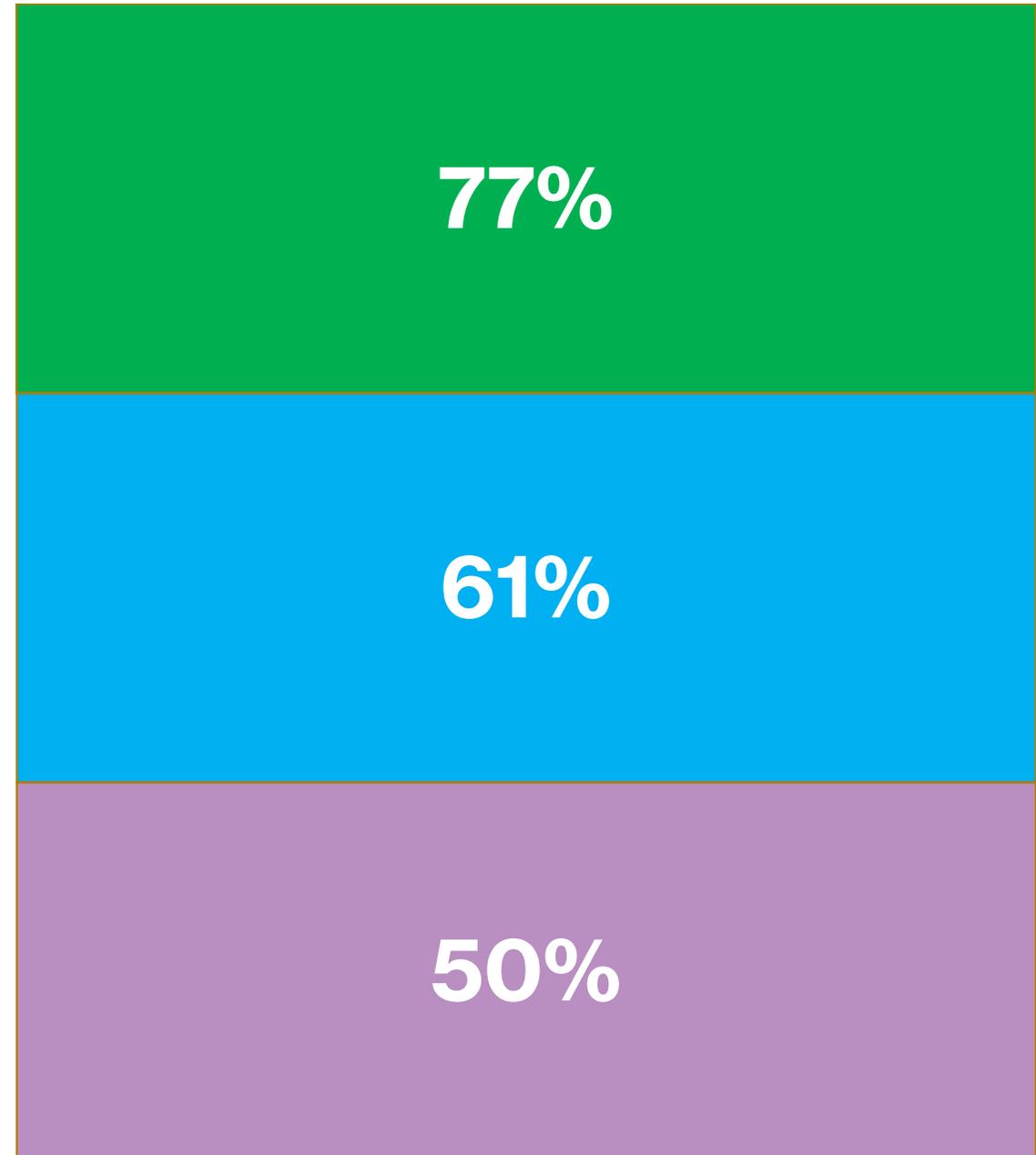
Gender	Age	Employed	Main Income Earner	Income Bracket	Sector	Ethnicity	Partner Married Civil	Dependent Children
Female	>45 yrs	Yes	Yes	< £24,999	Education	White British	Yes	Yes
73%	74%	97%	53%	53%	50%	93%	82%	58%

Summary

Workload has a major impact on levels of Stress

High level of Stress caused or made worse by work

Consider job Stressful



Course of Action

A full consultancy programme consisting of evaluation of sickness data, review of current programmes to address stress in the workplace, risk assessments, focus groups and training workshops.

For a more in-depth explanation of what stress is, the fundamentals, goals, barriers and benefits, of a proper programme designed to up-skill mental health first aiders, health and wellbeing professionals currently employed by organisations and companies, it is suggested a half-day workshop be considered.

A series of 30-45 minute 'Lunch and Learn' presentations can be delivered to those who want quick, effective and ready to use 'out of the box' tips and techniques on how to manage current stress levels.

Option 3

Option 2

Option 1