

# Personal Stress Risk Assessment

It is generally accepted that every job has a certain amount of pressure associated with it – however, if the pressure becomes excessive, you may find that you can no longer cope with the demands placed on you and you become stressed. Of equal importance is the pressure of life outside work and the balance that needs to be maintained between social and family responsibilities and the demands of your job. Your employer does not want you to be stressed by your job and by raising awareness of the issue seeks to both prevent problems developing and also offer you support and advice. You can help by identifying what might be causing you problems in the workplace and so work in partnership with your employer to create a healthier environment.

Personal risk assessment helps you appraise your own situation and allows you to take appropriate action to try and avoid becoming stressed. Ask yourself, in the past 12 months have you:

- Regularly worked long hours?
- Regularly taken work home?
- Felt constantly overloaded with work in your job?
- Not received the support you need to do your job?
- Not received the training you need to do your job?
- Felt that you could no longer cope with the demands of your job?
- Felt that you could no longer balance the demands of your job and outside life?
- Felt unwell due to worrying about your job?
- Been unable to take your leave?

Answering ‘Yes’ to one or more of these means that you need to try and identify what lies behind it. The guidance booklet, Mental Wellbeing at Work ([./pubs/mentalwellbeing.pdf](https://pubs.mentalwellbeing.pdf)), will be useful as it provides advice on stress and how to approach it. If you are experiencing stress it may help to talk to someone. At work you can talk to your friends and colleagues, your line manager, personnel officer, welfare officer, employee assistance provider (if available in your department), trade union representative and the occupational health service. Outside work your general practitioner will also be able to help you.

Remember, if you are under pressure at work then it is important that you talk to someone at work as work-related stress is a health and safety issue and there may be something that can be done to help.

***Don't be afraid to seek help and support – the earlier the better.***