

Stress Management



During the past 12 months, did your worksite:

	Yes	No	Score
<p>1. Provide educational materials on stress management? Answer "yes" if, for example, your worksite offers brochures, videos, posters, or newsletters that address aspects of stress management, including coping skills and relaxation techniques, either as a single health topic or along with other health topics.</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(1 pt.)	(0 pts.)	
<p>2. Provide and promote <u>interactive educational programming</u> on stress management? Answer "yes" if, for example, your worksite offers "lunch and learns," seminars, workshops, or classes on topics such as assertiveness, coping, and relaxation techniques. Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on site staff, health insurance plans/programs, community groups, or other practitioners.</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(2 pts.)	(0 pts.)	
<p>3. Provide and promote free or subsidized <u>lifestyle coaching/counseling or self-management programs</u> that equip employees with skills and motivation to set and meet their personal stress management goals? Answer "yes" if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; through vendors, on site staff, health insurance plans/programs, community groups, or other practitioners.</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(3 pts.)	(0 pts.)	
<p>4. Provide dedicated space that is quiet where employees can engage in relaxation activities, such as deep breathing exercises?</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(1 pt.)	(0 pts.)	
<p>5. Sponsor or organize social activities designed to improve engagement with others, and provide opportunities for interaction and social support? Answer "yes" if, for example, your worksite sponsors or organizes team building events, company picnics, holiday parties, or employee sports teams.</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(1 pt.)	(0 pts.)	
<p>6. Provide training for managers that improves their ability to recognize and reduce workplace stress-related issues? Answer "yes" if, for example, your worksite provides training on performance reviews, communication, personnel management, assertiveness, time management, or conflict resolution.</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(3 pts.)	(0 pts.)	
<p>7. Provide opportunities for employee participation in organizational decisions regarding workplace issues that affect job stress? Answer "yes" if, for example, your worksite provides opportunities for employees to participate in decisions about work processes and environment, work schedules, participative problem-solving, and management of work demands.</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(3 pts.)	(0 pts.)	

Your Worksite's Stress Management Score _____

Maximum Stress Management Score **14**