WILD MONDAY

the stressors hexagon

WORKSHEET

1. We can help you be as resilient and well as we can but we also need to try and remove things about your working environment that are stressful

2. There are a number of causes of stress at work which you and I may have some control over.

3. In each of these areas, list the factors which you think might be contributing to stress in your workplace. .

4. What is under our control we could change?

5. What else could you influence?