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Assess the Effectiveness of your Stress Management Systems

Stress Management Systems	Yes	No	Unsure
Have you identified the potential stressors that exist in your organisation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have strategies for preventing stressors in your workplace?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you published the symptoms of stress at an organisational and individual level, so people can identify early-warning signs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have adequate processes in place to improve the fit between people and tasks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a climate of mutual trust, promotion of self-esteem, shared objectives and common goals within your organisation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do your managers actively identify situations where there is potential for work-related stress?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do your managers and employers actively watch for signs that staff member may be stressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have adequate reporting procedures?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have adequate processes and procedures to manage instances of reported stress?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have access to specialist services to help in the diagnosis and response to cases of reported stress?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you provide training in workload management for staff?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have formal mechanisms for staff to report excessive workloads to management?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are managers able to redistribute workloads?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>