Individual Stress Risk Assessment

Please complete this form to the best of your ability, answering the questions as honestly as you can. This information will be used to aid discussions about your stress related illness and identify any areas where support and/or adjustments are required.

The nature and duration of support / adjustments made will be dependent on the needs of the school and must be agreed to by all parties. All information will be treated as confidential.

Name	
Role	
School	
Manager's Name	

		Always	Sometimes	Never
1.	I have achievable deadlines	☐	☐	☐
2.	I am involved in change at work and understand how this will work in practice.	☐	☐	☐
3.	I am able to pace my work so it is manageable	☐	☐	☐
4.	I am given supportive feedback on the work I do	☐	☐	☐
5.	I am clear about what my duties and responsibilities are	☐	☐	☐
6.	I am able to balance different work requirements well	☐	☐	☐
7.	Staff are always consulted about change at work	☐	☐	☐
8.	I am clear about the goals and objectives for my team	☐	☐	☐
9.	There are good working relationships in my team	☐	☐	☐
10.	I have a choice in deciding how I do my work	☐	☐	☐
11.	I am able to take sufficient breaks	☐	☐	☐
12.	I can rely on my line manager to help me work out a problem	☐	☐	☐
13.	I have realistic time pressures	☐	☐	☐
14.	I understand how my work fits into the overall aim of the school/organisation	☐	☐	☐
15.	I get the help and support I need from colleagues	☐	☐	☐
16.	I receive the respect I deserve from people I work with	☐	☐	☐
17.	Relationships at work are good	☐	☐	☐

18.	My colleagues are willing to listen to my work related problem	☐	☐	☐
19.	I am able to complete my work within my contracted hours	☐	☐	☐
20.	I am supported through emotionally demanding work (if applicable)	☐	☐	☐
21.	My line manager encourages me at work	☐	☐	☐
22.	I understand why change is necessary at work	☐	☐	☐

Is there anything within your personal life that may be contributing to your level of stress which you wish to discuss?
Do you have any suggestions for your manager to consider as to how they can support you in coping with your stress? These may be short or long term levels of support.

Signed: _____ Date: _____