

Sources of stress at work

How are the different sources of stress affecting you? Reflect on the list of common stressors available on the next page, and list the top five stress sources affecting you in order of importance. Add other if needed.

Rate how easy it would be to change each of these.

My top 5 sources of stress at work		
Importance Ranking	Stress source	Ease of change 1 = very easy 5 = very hard
1		
2		
3		
4		
5		

Common stressors identified by members of the dental team

Dental practitioners	Dental nurses	Dental hygienist
Time and scheduling pressures	Earning enough	Feeling an 'outsider' in the practice
Pay-related stressors and systems of remuneration	Being blamed for mistakes	The perception that Dentists undervalue prevention
Patients' unfavourable perceptions of dentists	Long hours	Patient appointments booked too closely together, so time management difficult
Staff and technical problems	Being behind schedule	
Dealing with patients/ High patient expectations	Dealing with money	
Staff turnover	Feeling undervalued	
Financial worries	Difficult patients	
Too many patients		

How workplace stress is affecting you

How workplace stress affects the way you act

Thinking about the **last month**, have you noticed any of the following changes in your behaviour? Mark the changes identified with an X.

- Smoking more
- Drinking more alcohol
- Changes in diet (eating more, eating less)
- Seeing less of friends
- Taking sick leave from work
- More arguments with colleagues
- Working late more often
- Missing more lunch breaks

Number of changes identified: _____

Date: _____

How workplace stress affects your health

Thinking about the **last month**, which of the following aspects of your health have changed negatively? Mark the changes identified with an X.

- Feelings of tiredness and headaches
- Increased number of headaches and migraines
- Increased number of colds
- Indigestion
- Feelings of low self-esteem
- Feeling anxious
- Feeling depressed

Number of changes identified: _____

Date: _____