

**Module 1: Role of the MHSS**  
**Exercise 5: Stress Self-Inventory**

Do you:

- Dread going to work?
- Feel constantly tired and/or don't have much energy?
- Use more alcohol and/or prescription and over-the-counter drugs than you usually do?
- Eat more?
- Eat less?
- Feel bored and detached at work?
- Lack patience with people at work and at home?
- Feel that the quality of your work is slipping?
- Feel negative and hostile towards fellow staff and especially your supervisor?
- Blame somebody else when things go wrong?

*If you checked two or more, you should be concerned about how you are handling stress.*