



## The Workplace Stress Scale™

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and the American Institute of Stress

### What is Stress?

Stress is defined as the nonspecific reaction to demands placed upon the body but of course it is more complex than that. Any situation where a person is subjected to change, and especially big changes in life is deemed stressful. Stress also arises from the feeling that one has little control over life or daily activities. It can result in the breakdown of a person's mental and physical health, and if left unmanaged, to cardiovascular disease and cancer. Stress kills. And it could rob us of the enjoyment we earned from our labors.

### Stress is Not a Disease.

Our bodies are programmed to react to change by creating a cascade of physiological changes that enables us to analyze and react to physical threats. This is often referred to as the *fight or flight* reaction. Under normal circumstances this state of arousal subsides within an hour and the body resumes a more relaxed status where it can digest food and repair itself. However, the body cannot function well in a state of prolonged chronic stress. People who remain in that state for hours a day or all the time will be less capable of achieving daily tasks, experience more sickness and are more prone to injury.

### Directions for The Workplace Stress Scale™

Thinking about your current job, how often does each of the following statements describe how you feel?

	Never	Rarely	Sometimes	Often	Very Often
Conditions at work are unpleasant or sometimes even unsafe	1	2	3	4	5
I feel that my job is negatively affecting my physical or emotional well-being.	1	2	3	4	5
I have too much work to do and/or too many unreasonable deadlines.	1	2	3	4	5
I find it difficult to express my opinions or feelings about my job conditions to my superiors.	1	2	3	4	5
I feel that job pressures interfere with my family or personal life.	1	2	3	4	5
I feel that I have inadequate control or input over my work duties.	1	2	3	4	5
I receive inadequate recognition or rewards for good performance.	1	2	3	4	5
I am unable to fully utilize my skills and talents at work.	1	2	3	4	5

*To calculate your score, add the numbers you answered to all of the 8 questions and see the interpretation below.*

# Weiman Occupational Stress Scale

**Rebecca S. Parkinson**



## **Weiman Occupational Stress Scale:**

*The Interplay of Stress, Health, and Well-Being: Unraveling the Psychological and Physiological Processes* Adelinda Araujo Candeias, Mariola Bidzan, Konrad Reschke, Edgar Galindo, Marcus Stueck, 2024-09-04 This Research Topic explores the intricate relationship between stress health and well being with a focus on the underlying psychological and physiological processes involved The aim is to shed light on the complex interplay between these factors and provide insights into potential interventions and strategies for promoting optimal mental and physical well being It encompasses both theoretical perspectives and empirical research emphasizing the need for interdisciplinary collaboration and a comprehensive understanding of stress health and well being The Impact of Chronic Stress on Physical Health Examining the physiological processes through which chronic stress contributes to physical health problems such as cardiovascular diseases immune dysregulation and metabolic disorders Investigating the role of stress related behaviors e g poor sleep unhealthy eating habits sedentary lifestyle in mediating the relationship between stress and physical health outcomes Discussing potential interventions and preventive measures to mitigate the adverse effects of chronic stress on physical well being

**Occupational Exposure to Cresol** National Institute for Occupational Safety and Health, 1978 Occupational Stress and Productivity John Sweetland, 1979 **Occupational Stress** Stewart Wolf, Albert J. Finestone, 1986 Journal of Police Science and Administration, 1985 **Annual Research Progress Report - US Army Institute of Surgical Research**

, 1977 **Occupational Health in National Development** J. Jeyaratnam, K. S. Chia, 1994 In the process of nation building the health of the working population becomes a key factor With the introduction of new technologies foreign labour and changes in working patterns the health of the working population will be affected Health care workers administrators and politicians will be confronted with these occupational health issues This book outlines the various occupational health issues in national development and proposes a system of planning for the health services for the working population It is the result of a two week ICOH Seminar where international experts addressed the issue of developing occupational health services for various countries **Annual Research Progress Report**, 1977 **Comprehensive Stress Management**

Greenberg, 1995-07 **Public Health Reports**, 1980 **Criminal Justice Planning and Management Series:**

**Criminal justice management course (2 pts.)** United States. Law Enforcement Assistance Administration, 1981

**Psychology. Sielkunde**, 1997 **Managing Health Promotion in the Workplace** Rebecca S. Parkinson, 1982 Abstract Methods used in the workplace to promote health and healthy lifestyle choices are discussed in this text Techniques for implementing and evaluating such efforts are also discussed *Criminal Justice Management Course*, 1981

**Criminal Justice Planning and Management Series**, 1981 *Comprehensive Stress Management* Jerrold S. Greenberg, 1990 Using an informal anecdotal style author Jerrold Greenberg helps you to understand the scientific foundations underlying stress in the Ninth Edition He discusses the latest research findings on the physical psychological

sociological and spiritual aspects of stress and covers appropriate coping skills to help you manage stress in everyday life With this edition you can Use laboratory assessment activities and exercises to relate concepts to your own life and to help identify coping strategies The text is now perforated for easy removal of the labs allowing you to easily develop your own stress portfolio Explore new research findings about managing stress with humor in Chapter 7 spirituality and stress in Chapter 8 and helpful breathing exercises and the value of pets in managing stress in Chapter 12 Learn how to assist in decreasing stress levels in your community through Getting Along in Your Community boxes that show how to apply the chapter content to related community projects Book jacket      **Work Stress** James C. Quick,1987-09-18 Based on papers presented at a 1985 conference on Work Stress and the Role of Health Care Delivery Systems at Arlington Texas

**Criminal justice management course** United States. Law Enforcement Assistance Administration,1981      **The Scale of Occupational Stress** Andrew Smith,Great Britain. Health and Safety Executive,Carolyn Brice,Alison Collins,2000-12-18 Scale of Occupational Stress A Further Analysis of the Impact of Demographic Factors and Type of Job      *Occupational Health Nursing* ,1983

The Top Books of the Year Weiman Occupational Stress Scale The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthraling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Weiman Occupational Stress Scale : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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