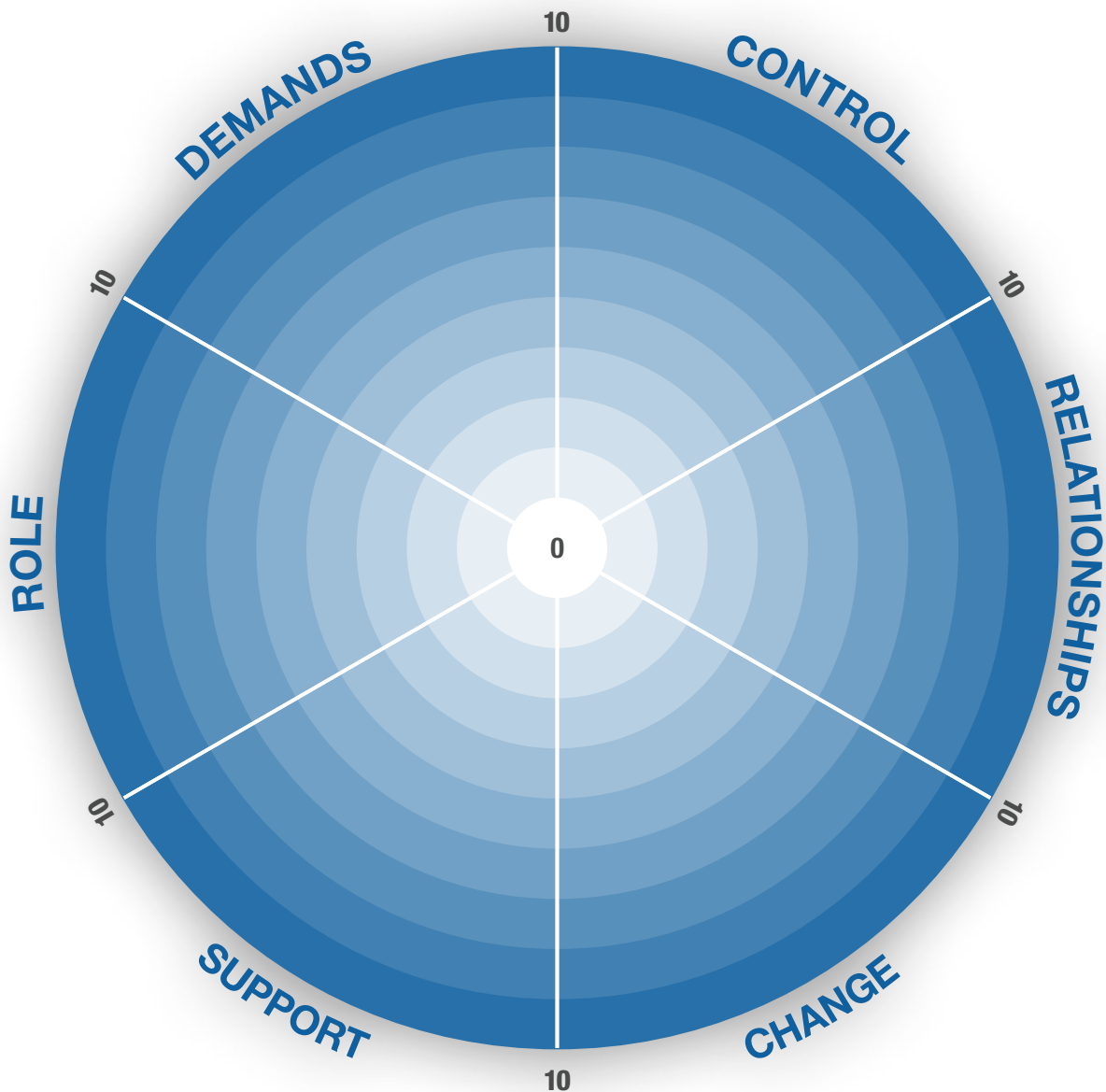


## Wheel to show the six HSE risk factors for stress

To help you make the necessary changes in your life and for them to be effective, you need to be focused on where to make the appropriate changes. This wheel will help you to consider where your life is right now.

The six sections represent a balanced wheel.

- Take the centre of the wheel as **0 = totally dissatisfied**.
- Take the outer edge as **10 = totally satisfied**.
- Rank your level of satisfaction with each area by putting a cross on the relevant spoke.
- Now draw a line to join the crosses together.



# Situations that cause stress using HSE'S six risk factors

AT WORK		AT HOME			
Date:	Event and cause of stress. What symptoms of stress are you aware of?	Actions you can take NOW to reduce your stress associated with the event	Date:	Event and cause of stress. What symptoms of stress are you aware of?	Actions you can take NOW to reduce your stress associated with the event
<b>CHANGE</b> Uncertainty/ flexibility?			<b>CHANGE</b> Uncertainty/ flexibility?		
Score on wheel?	<i>Before:</i>	<i>After:</i>	Score on wheel?	<i>Before:</i>	<i>After:</i>
<b>RELATIONSHIPS</b> Communication?			<b>RELATIONSHIPS</b> Communication?		
Score on wheel?	<i>Before:</i>	<i>After:</i>	Score on wheel?	<i>Before:</i>	<i>After:</i>
<b>DEMANDS</b> Deadlines?			<b>DEMANDS</b> Deadlines?		
Score on wheel?	<i>Before:</i>	<i>After:</i>	Score on wheel?	<i>Before:</i>	<i>After:</i>
<b>SUPPORT</b> Level or lack of?			<b>SUPPORT</b> Level or lack of?		
Score on wheel?	<i>Before:</i>	<i>After:</i>	Score on wheel?	<i>Before:</i>	<i>After:</i>
<b>CONTROL</b> Amount of?			<b>CONTROL</b> Amount of?		
Score on wheel?	<i>Before:</i>	<i>After:</i>	Score on wheel?	<i>Before:</i>	<i>After:</i>
<b>ROLE</b> Clarity of?			<b>ROLE</b> Clarity of?		
Score on wheel?	<i>Before:</i>	<i>After:</i>	Score on wheel?	<i>Before:</i>	<i>After:</i>