



International Stress
Management Association UK

Promoting stress prevention and well-being

Notes for use of the HSE 6 risk factors for Stress

There are many factors which can cause people to experience stress in their lives and these factors can come from many directions. Work pressures, home life, family concerns, illness of self or others all combine to produce overwhelming life pressures which can turn to Stress.

It has been discovered that all of these many aspects of life can be reduced down to 6 factors which, if out of balance indicate a greater potential of experiencing Stress.

Using the Wheel on the attached document; consider how each of the 6 risk factor areas(i.e. Demands, Control, Relationships, Role, Support and Change) apply to you. Evaluate each risk area on a scale of 0 -10 where 0 = that you are totally dissatisfied with how you perceive that aspect to be and 10 = that you are totally satisfied with how you perceived that aspects to be for you. Mark these onto the Wheel (pencil best to allow for amendments) and connect up the markings to see which areas are out of balance. If you have significant concerns about your stress levels, it is advisable that you consult a Stress Management specialist to help you evaluate your options and to help you find your way back to balance, health and well-being.

On the reverse page, mark in your scores on the appropriate section, and write down those Stress symptoms of which you are aware. Then think about those situations and symptoms and consider what actions you can take to regain control of the situation.

Do this for both home and work scenaria. This will show where the problems are located.

When you have completed this for all 6 risk factors, then do the wheel again to see what changes that process has made to the markings. Any areas which remain out of balance then repeat the process. If the imbalance remains, seek professional help.

Even if you feel that you are motivated, satisfied and happy; carrying out this exercise occasionally can provide early warning of potential risks and prevent problems occurring.