



# STRESS TESTING YOUR WORKPLACE

Answer the questions below. If you answer “yes” to more than five of the following questions, then chances are good that you’re working in a high stress environment. If you answer “yes” to more than eight, it’s extremely likely that you’re in a high stress work environment.

1. Is what’s deemed as priority in your organization constantly shifting?  yes  no
2. Is it hard to get the most important things done because too many other activities diffuse focus?  yes  no
3. Are there a small percentage of “go-to people” in your organization who are always tapped to get things done?  yes  no
4. Do people do a lot of re-work because they lack clear direction?  yes  no
5. Is there a tendency to continually drive the organization to the limits of its capacity?  yes  no
6. Is it impossible for employees to see the light at the end of the tunnel?  yes  no
7. Are tasks with deadlines often left until the last minute?  yes  no
8. Does the organization value visibly hard effort over tangible results?  yes  no
9. Are employees made to feel guilty if they leave work early?  yes  no
10. Do employees talk a lot about how big their workload is?  yes  no
11. Is busyness valued?  yes  no
12. Is “no” a taboo word, even for people who have already taken on too many projects?  yes  no
13. Is there an expectation in the organization that people must respond to emails within minutes?  yes  no
14. Do countless people routinely get copied on emails because employees are trying to protect themselves?  yes  no
15. In their free time, do employees keep their cell phones or messaging devices on because they feel they always need to be accessible?  yes  no

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If you would like to know more about maintaining a healthy stress level in your workplace or how to better manage your own stress, contact, [info@cim-co.com](mailto:info@cim-co.com).