



## Self Reflection: Ways of monitoring work-related stress

- Reflect on the ways you have monitored work-related stress up to now?
- What have you noticed?
- What are the main factors that people recognize as causing stress?
- What are the factors that prevent people from recognizing and preventing high levels of stress?
- Do you offer specialised training to your employee to raise awareness of stress-related factors?
- What do you think you could implement and change for the next months?