Big Five: CANOE (Personality Reflecting Traits)

Conscientiousness: Dependable, organized, reliable, ambitious, hard-working, preserving

Agreeableness: Kind, cooperative, sympathetic, helpful, courteous, warm

Neuroticism: Nervous,

Overall Ability: Cognitive Ability, Emotional Ability, Physical Ability

Cognitive Ability: Verbal, Quantitative, Reasoning, Spatial, Perceptual

Emotional Ability: Self-Awareness, Other Awareness, Emotion Regulation, Use of Emotions

Physical Ability: Strength, Stamina, Flexibility and Coordination, Psychomotor, Sensory

Hindrance Stressors:

* Work
  + Role conflict
  + Role ambiguity
  + Role overload
  + Daily hassles
* Nonwork
  + Work-family conflict
  + Negative life events
  + Financial uncertainty

Challenge Stressors:

* Work
  + Time pressure
  + Work complexity
  + Work responsibility
* Nonwork
  + Family time demands
  + Personal development
  + Positive life events

Physiological Strains: illness, high blood pressure, coronary artery disease, headaches, back pain, stomach aches

Psychological Strains: depression, anxiety, irritability, forgetfulness, inability to think clearly, reduced confidence, burnout

Behavioral Strains: alcohol and drug use, teeth grinding, compulsive behaviors, overeating