

Q1 - How often do you feel stressed at work?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

Q2 - What aspects of your job do you find most stressful?

Q3 - Do you feel that your workload is manageable?

- ☐ Yes
- ☐ No
- ☐ Sometimes

Q4 - How do stress levels at work affect your productivity?

- ☐ Increases productivity
- ☐ No change
- ☐ Decreases productivity

Q5 - Has stress at work affected your physical or mental health?

- ☐ Yes, both physical and mental health
- ☐ Yes, physical health only
- ☐ Yes, mental health only
- ☐ No, it hasn't

Q6 - Do you feel supported by management to manage work-related stress?

- ☐ Yes, always
- ☐ Yes, but not enough
- ☐ Rarely
- ☐ No, not at all

Q7 - What resources or support systems would you like to see implemented to help manage stress at work?

Q8 - How comfortable are you with discussing work-related stress with your supervisor?

- ☐ Very comfortable
- ☐ Somewhat comfortable
- ☐ Not very comfortable
- ☐ Not comfortable at all

Q9 - Do you utilize any stress-reduction techniques during work hours?

- ☐ Deep breathing or meditation
- ☐ Regular breaks
- ☐ Physical exercise
- ☐ Time management techniques
- ☐ I do not use any techniques

Q10 - Any additional comments or suggestions on how the company can assist employees in managing stress?