

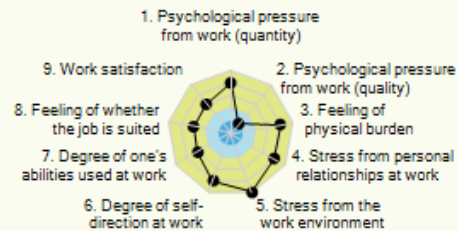
## Stress profile of シャルマシュレア on 9/30/2019

Department : 日本電気 / (略称なし) / 中央研究所 / \* / D S 研 / \*

## Possible cause of the stress : 31/45

		1	2	3	4	5	
1. Psychological pressure from work (quantity)	Many				😊		Few
2. Psychological pressure from work (quality)	Many	😞					Few
3. Feeling of physical burden	Many				😊		Few
4. Stress from personal relationships at work	Many				😊		Few
5. Stress from the work environment	Many					😊	Few
6. Degree of self-direction at work	Few				😊		Many
7. Degree of one's abilities used at work	Few			😊			Many
8. Feeling of whether the job is suited	Low			😊			High
9. Work satisfaction	Low			😊			High

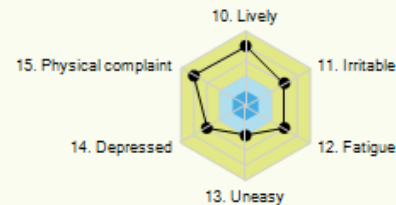
## Possible cause of the stress



## Psychological and physical symptoms of stress : 19/30

		1	2	3	4	5	
10. Lively	Low				😊		High
11. Irritable	Strong			😊			Weak
12. Fatigue	Strong			😊			Weak
13. Uneasy	Strong		😞				Weak
14. Depressed	Strong			😊			Weak
15. Physical complaint	Many				😊		Few

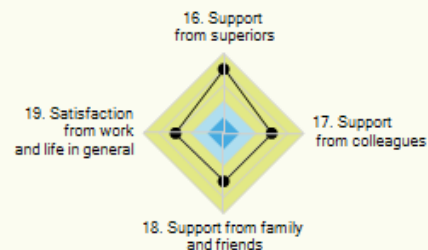
## Psychological and physical symptoms of stress



## Other elements that influence stress reaction : 13/20

		1	2	3	4	5	
16. Support from superiors	Few				😊		Many
17. Support from colleagues	Few			😊			Many
18. Support from family and friends	Few			😊			Many
19. Satisfaction from work and life in general	Low			😊			High

## Other elements that influence stress reaction



Total : 63/95

## Comments



**It seems you are not stressed; however, there are some elements that may cause stress.**

Work occupies a large portion of day; therefore, many elements at work such as the quantity, busyness, nature of the work (tasks that require attention), degree of self-direction, etc. can cause stress.

You have no problem with irritation, fatigue, uneasiness, depression, and physical complaints. for your case.

Elements that may cause stress at work: It seems your quality requirements at work are high.

You can avoid stressing your mind and body by understanding the cause for stress of yourself and do what you can. If you feel the quantity of the work is too much or the required quality is too high, review your work load again and talk to your superior and colleagues. You may find the solution by asking help from the people around you. Self-direction is low when you are not able to plan your work or determine the procedure. For example, if you have to work to match others' speed, your superior's schedule, or you cannot plan due to frequent changes at work. Consider if you can reduce the load by changing the way you work, and if you have control over any parts of the way you work. If it is not possible, you must admit you are stressed at work, and try not to bring work back to home outside the business hours and holidays, and try refresh yourself.

**Notice of stress check results**

Stress check conducted by: occupational health physician at NEC Health Care Center

**The stress check results show that you are not experiencing a high level of stress. However, if you would like to consult about mental health or other health-related concerns, please contact us.**  
**Your stress check results will not be disclosed to the Human Resources and General Affairs Department without your consent.**

**If you want consultation by  
a doctor or public health nurse,  
contact the relevant help desk.**

