

## Stress check

Check your stress levels – the more “always” you tick the more stressed you are likely to be (from Chambers R, Davies M. *What Stress in Primary Care!* ).

Do you:

Dream of early retirement?	always	seldom	not at all
Feel you are just going through the motions	always	seldom	not at all
Feel you are just going through the motions of processing patients through the practice rather than treating everyone as individuals?	always	seldom	not at all
Get irritated by the type of patients who attend frequently for minor reasons?	always	seldom	not at all
Feel easily exhausted at work?	always	seldom	not at all
Feel secretly relieved when a time-consuming patient dies or moves away?	always	seldom	not at all
Think you are too pressured at work?	always	seldom	not at all
Withdraw from social contact with other staff at work whenever possible?	always	seldom	not at all
Lose the freshness and vigour from a holiday as soon as you return to work?	always	seldom	not at all

