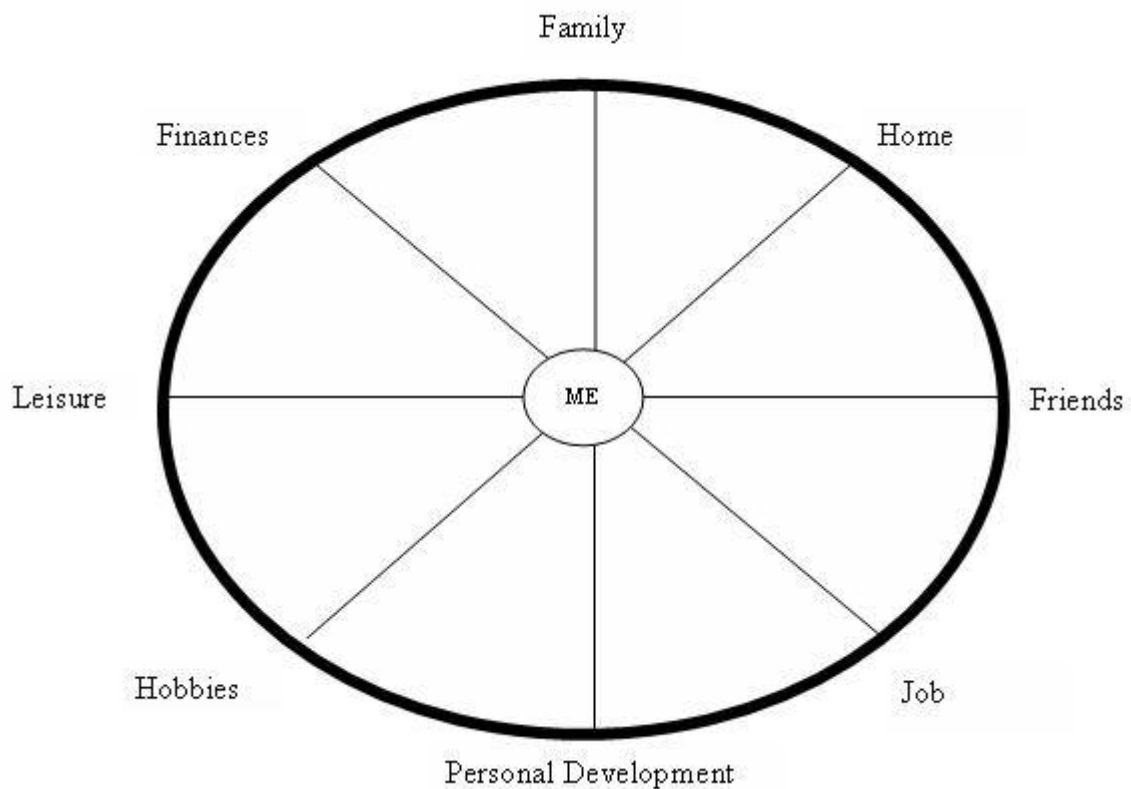


## Stress Wheel

Look at the following diagram. It represents a wheel with eight spokes. Imagine yourself at the centre of this wheel, the hub that holds the wheel together. At the end of each spoke is a facet of your life. These are facets that are important to you as an individual; so think about what areas of your life you would put at the end of each spoke. The following image is purely an example to help you complete your own life wheel, you may prefer to change the spoke headings or add others.



Now think about each of these areas in turn and mark on the spoke where you feel you are in relation to your heading. If you feel that you have everything well controlled and can make no difference to that area mark yourself right out at the end of the spoke. If there are issues then bring your mark in nearer to the hub, the nearer the hub the more attention you require to pay to this area.

Once you have done this for each spoke, join the marks up. Ideally you want to have a rounded circle in the wheel. This would indicate that you have the main areas in your life balanced and controlled. Look at your wheel and decide which areas require attention due to the imbalance of the wheel; this will help you focus on where to make improvement.

Susceptibility to stress varies and is unique to each individual. How well you cope depends on your basic disposition, your ability to cope with pressure and the nature of the stressors. To some extent how you have coped with past experiences may affect how you deal with future stressful issues.

The results of this can either be kept confidential or you may wish to discuss certain aspects with your line manager, Occupational Health Adviser, Human Resources Manager, Staff Counsellor or your G.P., etc. Further Sources of Guidance and Advice are available.