

FACTORS CREATING STRESS

| BLUE | GOLD | GREEN | ORANGE |
|--|--|---|---|
| <ul style="list-style-type: none"> • Broken promises • Too much negative criticism • People talking about them behind their backs • Not discussing what is occurring • Completing paperwork a priority • Clock-watching • Conflict • Insincerity • Lying • Rejection • Lack of social contacts • Placing “the system” as a priority before the people in it • Being constantly compared to others and not evaluated as an individual • Too much conformity without outlets for individual expression | <ul style="list-style-type: none"> • Incomplete tasks • Ambiguous tasks • Ambiguous answers • Disorganization • Too many things going on at the same time • People who do not follow through • Too many questions directed at them • Irresponsibility of others • Waste • Non-conformity • Changing details • A Haphazard attitude | <ul style="list-style-type: none"> • Lack of control • Lack of independence • Elaborate use of adjectives • Incompetence • Emotional displays • Lack of options • Inability to use or to display knowledge • Small-talk • Routine • Social Functions • Subjective Judgment | <ul style="list-style-type: none"> • Too much responsibility • Redundancy • Deadlines • Rules and regulations • Being stuck at a desk • Non-negotiable and imposed structure • Requirements to read manuals and follow “how-to” directions • Too much attention to product and not enough to performance / results • Criticism • Abstract |