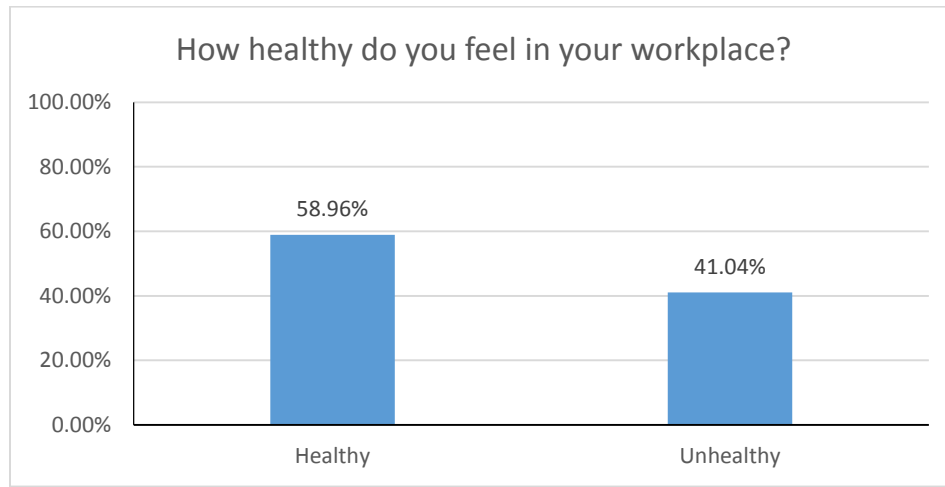


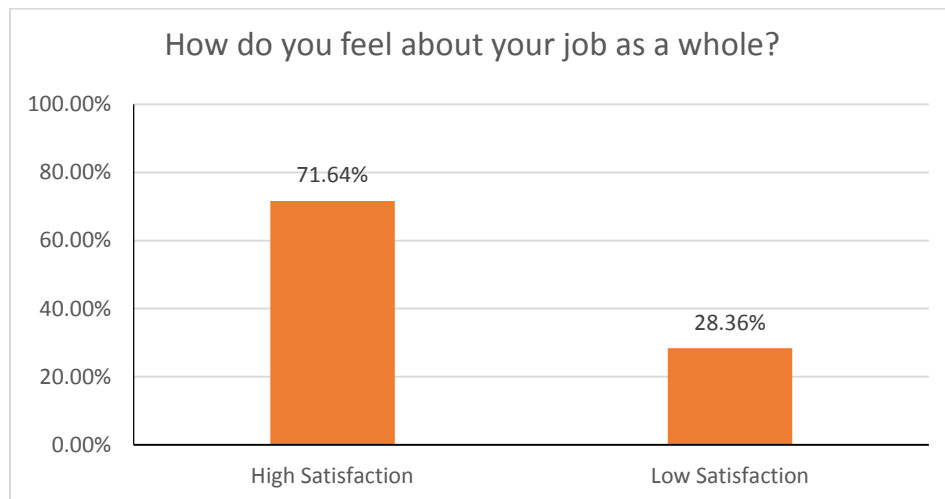
# Child and Youth Counselors

N = 134

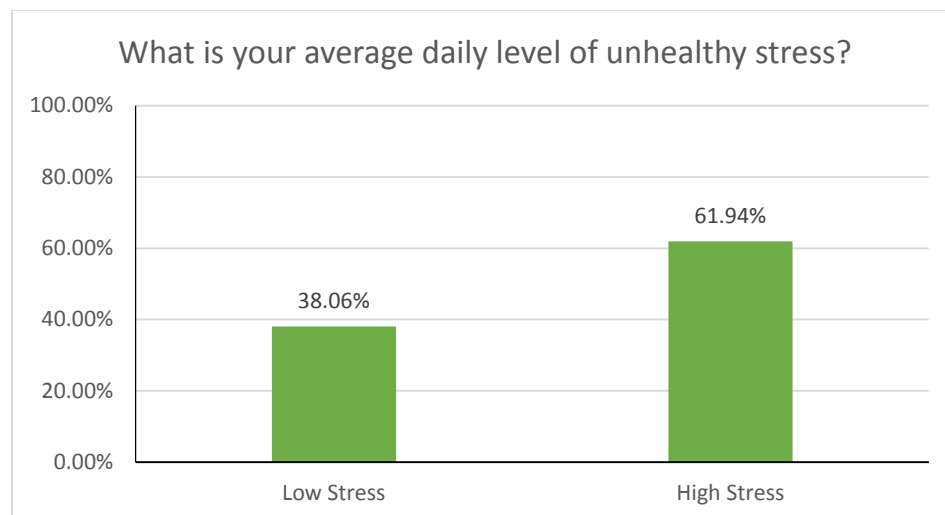
## Question 1: How healthy do you feel in your workplace?



## Question 2: How do you feel about your job as a whole?



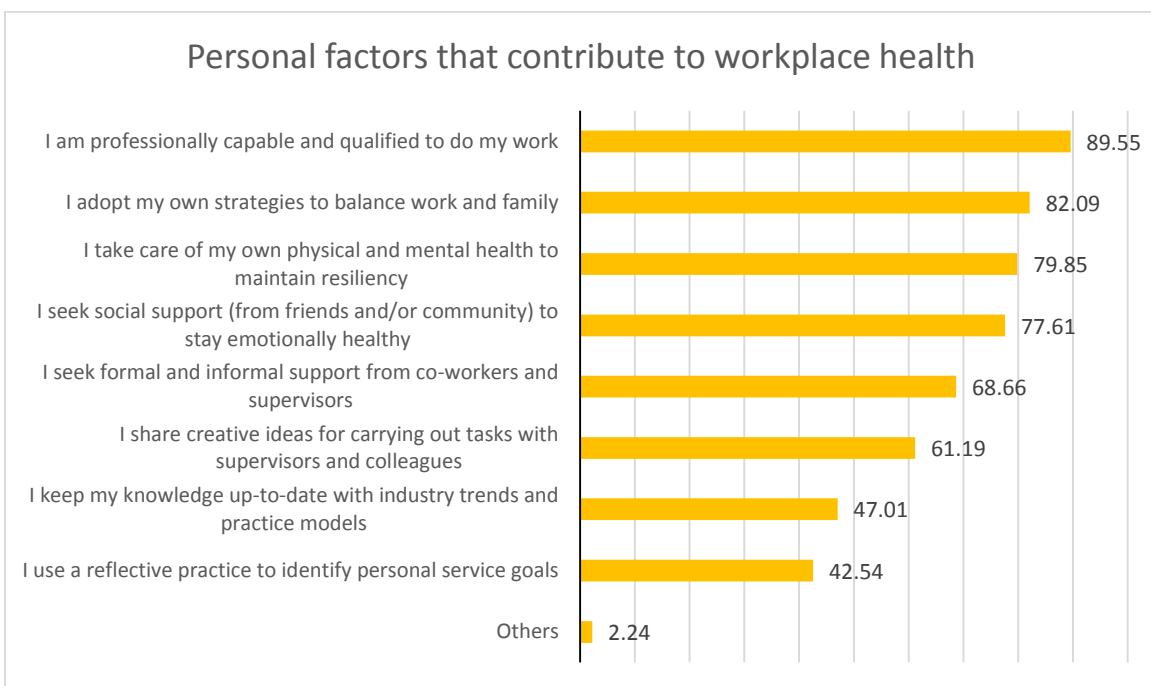
## Question 3: What is your average daily level of unhealthy stress at work?



**Question 4: Indicate which of the following factors are available in your current workplace and that you think contribute to your health and wellness.**



**Question 5: As an individual, what do you do to maintain your health in your current workplace?**



**Question 6: Indicate the factors that threaten your workplace health.**

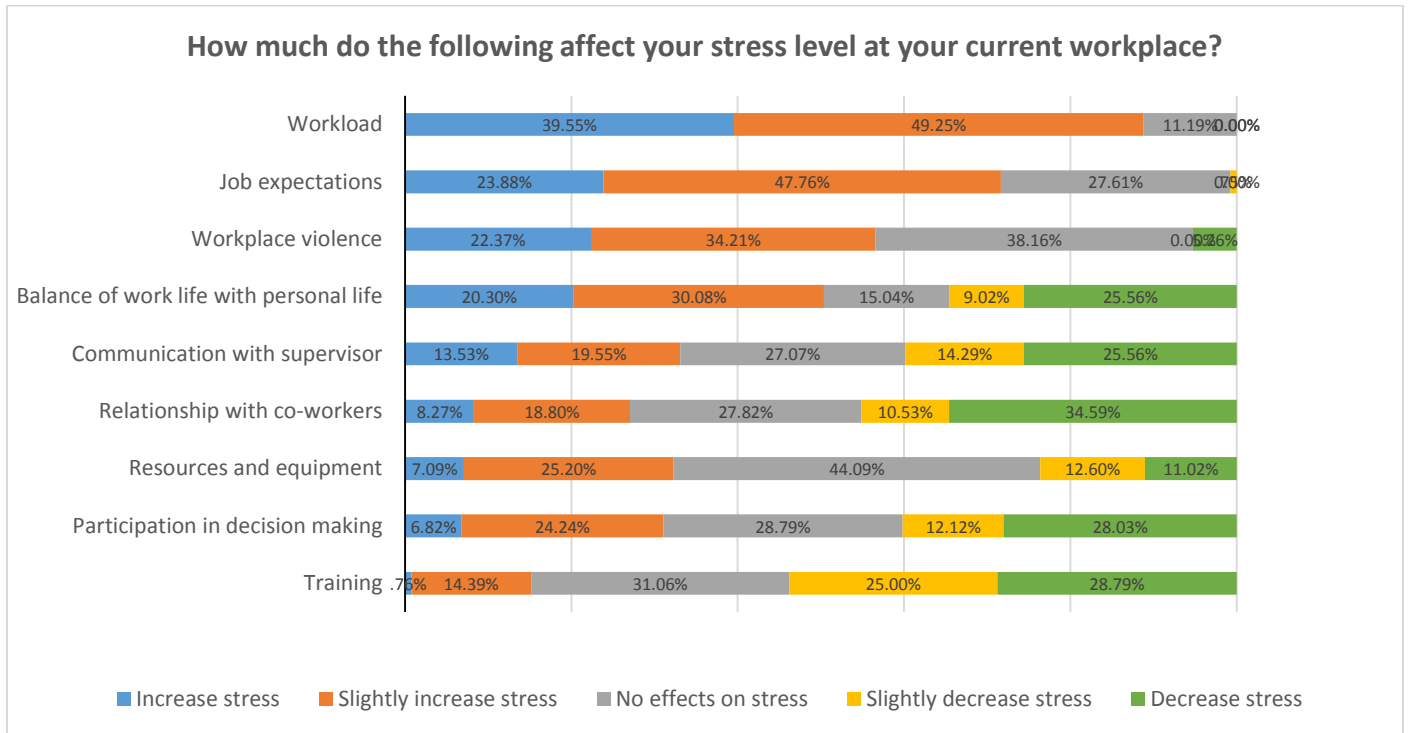
(Factors with higher means are those reported happening more frequently in the workplace)

<b>Factors</b>	<b>Mean</b>
Balance of work life with personal life	1.80
Communication with supervisor	1.76
Workload	1.53
Job expectation	1.52
Participation in decision making	1.51
Resources and equipment	1.40
Training	1.38
Workplace violence	1.31
Relationships with co-workers	1.29

**Top 10 most frequently experienced stressors**

<b>Stressors</b>	<b>Never or Rarely</b>	<b>Sometimes, Almost Always or Always</b>
I am rewarded or recognized for my contributions	25.76%	74.24%
There are sufficient staff to handle the needs of clients	20.90%	79.10%
I believe that my workplace encourages discussion of tough wellness issues	20.15%	79.85%
I experience openness/support for discussions of personal wellness issues (depression, anorexia, mental health, domestic violence, etc.)	16.92%	83.08%
I am involved in decisions affecting my job	15.04%	84.96%
I feel that my life demands are balanced with my work demands	14.93%	85.07%
I can rely on my supervisor to help me out with work problem	13.64%	86.36%
I have a partner or team to work with me when the job demands it	12.78%	87.22%
I feel that my role in the agency is aligned and in sync with that of others	12.03%	87.97%
I am free from put-downs, backstabbing, racism, and gossip in my workplace	11.94%	88.06%

**Question 7: Below is a list of factors people say impact stress levels in their work. For each one, please indicate how much do the following affect your stress level at your current workplace.**



**Stress risk assessment heat map**

