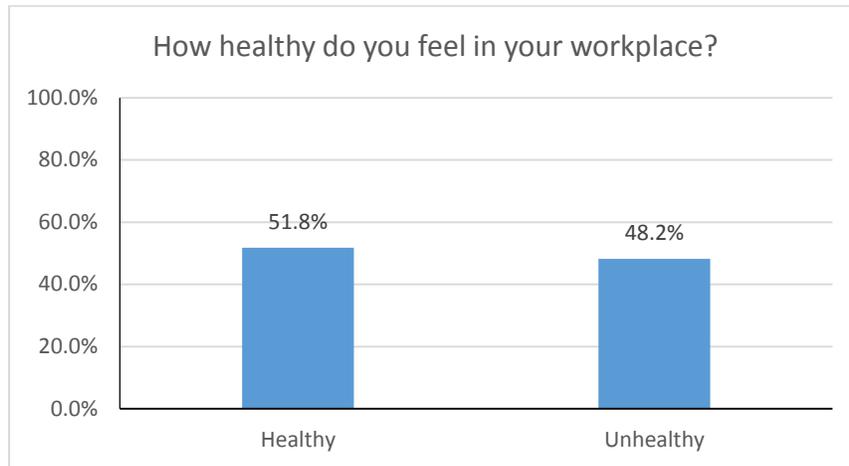


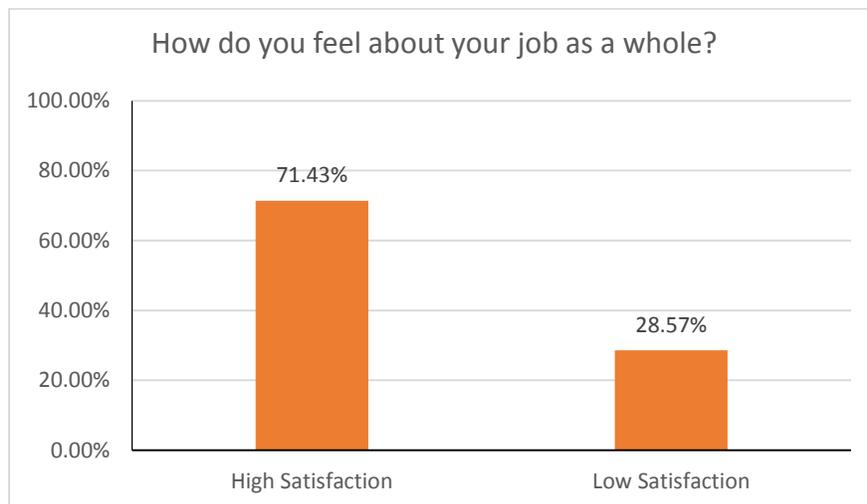
Women's Shelter Workers

N = 56

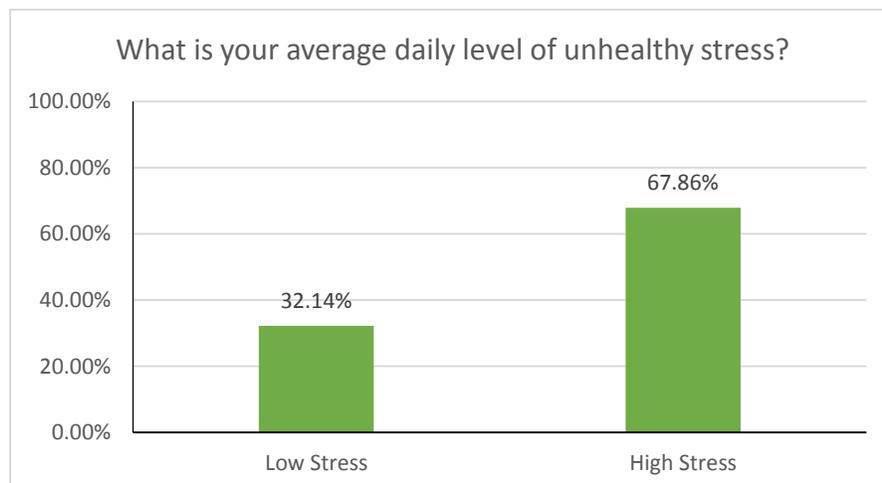
Question 1: How healthy do you feel in your workplace?



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.

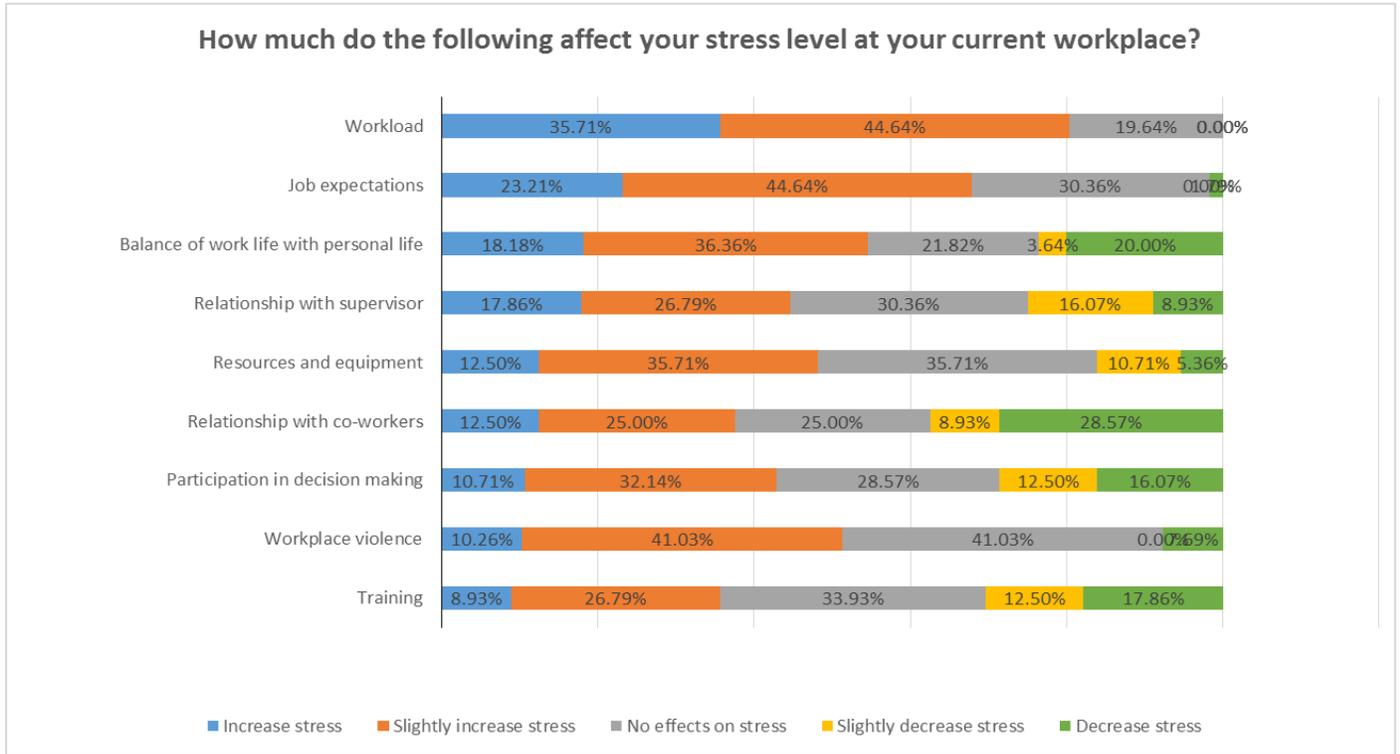
(Factors with higher means are those reported happening more frequently in the workplace)

Factors	Mean
Communication with supervisor	2.05
Balance of work life with personal life	1.84
Participation in decision making	1.71
Job expectation	1.69
Resources and equipment	1.64
Training	1.61
Workload	1.56
Workplace violence	1.53
Relationships with co-workers	1.33

Top 10 most frequently experienced stressors

Stressors	Never or Rarely	Sometimes, Almost Always or Always
I am rewarded or recognized for my contributions	41.82%	58.18%
I believe that my workplace encourages discussion of tough wellness issues	38.89%	61.11%
I experience openness/support for discussions of personal wellness issues (depression, anorexia, mental health, domestic violence, etc.)	28.57%	71.43%
I am free from put-downs, backstabbing, racism, and gossip in my workplace	25.00%	75.00%
I am involved in decisions affecting my job	23.21%	76.79%
There are sufficient staff to handle the needs of clients	21.82%	78.18%
I feel that my life demands are balanced with my work demands	19.64%	80.36%
I have a sense that my agency cares about the work I do	19.64%	80.36%
I can rely on my supervisor to help me out with work problem	16.07%	83.93%
I believe that my colleagues have the training they need to do their jobs	16.07%	83.93%
I am free from bullying at work	16.07%	83.93%

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

