



## The Stress Audit


Consider your life today and answer the following questions:


- Do you feel that your life is out of control and that you have too many things on your plate?
- Do you often feel confused, anxious, irritable, fatigued or physically debilitated?
- Are you having increased interpersonal conflicts (e.g., with your spouse, children, other family members, friends or colleagues)?
- Do you feel that negative thoughts and feelings are affecting how you function at home or at work?
- Is your work or home life no longer giving you any pleasure?
- Do you feel overwhelmed by the demands of emails, messaging tools and social media?
- Do you feel that your life has become a never-ending treadmill?
- Are you prone to serious pangs of guilt every time you try to relax?
- Have you recently experienced a life-altering event such as a change of marital status, new work responsibilities, job loss, retirement, financial difficulties, injury, illness or death in the family?
- When you are stressed out, do you feel that you have nobody to talk to?

If you have answered “yes” to most of these questions, stress might have started to build up. If you feel close to your breaking point, it’s high time to take action.

This survey is intended for educational purposes and is not diagnostic tool. If you answered “yes” to more than half, or if you have concerns about a mental health condition, contact your healthcare provider or Caterpillar’s Global Employee Assistance Program (EAP).

For confidential support, free of charge, contact  
Caterpillar’s **Employee Assistance Program (EAP)**:

 **1-866-228-0565**

 **1-309-820-3604**

 **CaterpillarEAP.com**

For global access phone numbers by country

Source: INSEAD Institute. Manfred F. R. Kets de Vries. <https://knowledge.insead.edu/blog/insead-blog/the-10-point-stress-audit-9836>