Indicator 1-4: Effects of Work-Side Stress

- Can you share a specific example of a stressful situation at work and the steps you took to manage it effectively?
- How do you maintain a positive outlook when facing high-pressure situations, and how does this impact your work?
- How do you handle situations where work-related stress is high and difficult to mitigate? Can you give an example?
- What strategies have you found effective in managing common workplace stressors? Can you provide an example?
- Can you describe a time when you had to make a difficult decision under pressure? How did you approach the situation, and what was the outcome?
- What coping strategies do you use when facing stress at work, and how have they been effective for you?
- In your experience, how does a high-stress work environment affect team dynamics and productivity? How do you manage these effects?
- What personal strengths do you rely on to manage stress at work? Can you give an example of how these strengths helped you in a challenging situation?
- Can you share a specific instance of a highly stressful situation at work and how you successfully navigated it?

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