Indicator 2-4: Effects of Self-Side Stress

- Can you describe when you had to manage a particularly challenging workload? How did you ensure that your responsibilities didn't overwhelm your job performance?
- How do you maintain a healthy work-life balance, especially during high-pressure periods at work?
- Tell me about a situation where you had to juggle multiple priorities. How did you ensure that your performance remained consistent?
- What strategies do you use to stay organized and focused on work when unexpected issues arise?
- How do you remain energetic and effective at work when the challenges to complete the task are frustrating or draining?
- Is there a way to recharge your energy at work when demands are high?

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