



A Union of Professionals

WORK SHOULDN'T HURT

Work-Related Stress Self-Assessment

Current Practice	Personal Goals
<p>Sleep</p> <ul style="list-style-type: none"> I sleep on average: <ul style="list-style-type: none"> _____ fewer than 6 hours a night _____ 7 hours a night _____ 8 hours a night 	<p>Sleep</p> <ul style="list-style-type: none"> I would like to sleep: <ul style="list-style-type: none"> _____ hours a night Every week, I will try to reach this goal by adding: <ul style="list-style-type: none"> _____ minutes of sleep each night <p>Methods I can use:</p> <ul style="list-style-type: none"> Keep the TV out of my bedroom Eat three hours before bedtime Exercise three hours before bedtime Add 15 minutes of "quiet" time before going to bed
<p>Diet/Nutrition</p> <ul style="list-style-type: none"> I cook at home: <ul style="list-style-type: none"> _____ most nights _____ 3 times week _____ fewer than 3 times a week I use fresh ingredients when I cook: <ul style="list-style-type: none"> _____ every meal _____ most meals _____ once or twice a week I eat fresh vegetables/fruit: <ul style="list-style-type: none"> _____ every meal _____ twice a day _____ once a day _____ a few times a week I snack between meals: <ul style="list-style-type: none"> _____ every day _____ once or twice a week _____ rarely 	<p>Diet/Nutrition</p> <ul style="list-style-type: none"> I would like to cook: <ul style="list-style-type: none"> _____ time a week I would like to add ingredients to my meals: <ul style="list-style-type: none"> _____ times per week I would add more fresh fruit to: <ul style="list-style-type: none"> _____ meals a day I would like to add fresh vegetables to: <ul style="list-style-type: none"> _____ meals a day I would like to reduce the number of times I snack to: <ul style="list-style-type: none"> _____ once a day _____ twice a day <p>Methods I can use:</p> <ul style="list-style-type: none"> Consult my grandmother about traditional foods and use those recipes Avoid fast-food restaurants as much as possible Pay more for high-quality food and eat less Shop the periphery of the grocery store and stay out of the prepared food section Snack on high protein foods like nuts

For more information contact the health and safety team at 4healthandsafety@aft.org

The American Federation of Teachers is a union of 1.7 million professionals that champions fairness; democracy; economic opportunity; and high-quality public education, healthcare and public services for our students, their families and our communities. We are committed to advancing these principles through community engagement, organizing, collective bargaining and political activism, and especially through the work our members do.

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