## Work-Related Stress Self-Assessment

<table>
<thead>
<tr>
<th>Current Practice</th>
<th>Personal Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sleep</strong></td>
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</tbody>
</table>
| • I sleep on average:  
  _____ fewer than 6 hours a night  
  _____ 7 hours a night  
  _____ 8 hours a night | • I would like to sleep:  
  _____ hours a night  
  • Every week, I will try to reach this goal by adding:  
  _____ minutes of sleep each night |
| **Diet/Nutrition** | **Methods I can use:** |
| • I cook at home:  
  _____ most nights  
  _____ 3 times week  
  _____ fewer than 3 times a week | • 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 |
| • I use fresh ingredients when I cook:  
  _____ every meal  
  _____ most meals  
  _____ once or twice a week | **Diet/Nutrition** |
|  | • I would like to cook:  
  _____ time a week  
  • I would like to add ingredients to my meals:  
  _____ times per week |
|  | • I would add more fresh fruit to:  
  _____ meals a day  
  • I would like to add fresh vegetables to:  
  _____ meals a day |
| • I eat fresh vegetables/fruit:  
  _____ every meal  
  _____ twice a day  
  _____ once a day  
  _____ a few times a week | • I would like to reduce the number of times I snack to:  
  _____ once a day  
  _____ twice a day |
| • I snack between meals:  
  _____ every day  
  _____ once or twice a week  
  _____ rarely | **Methods I can use:** |
|  | • 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](mailto:4healthandsafety@aft.org)

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