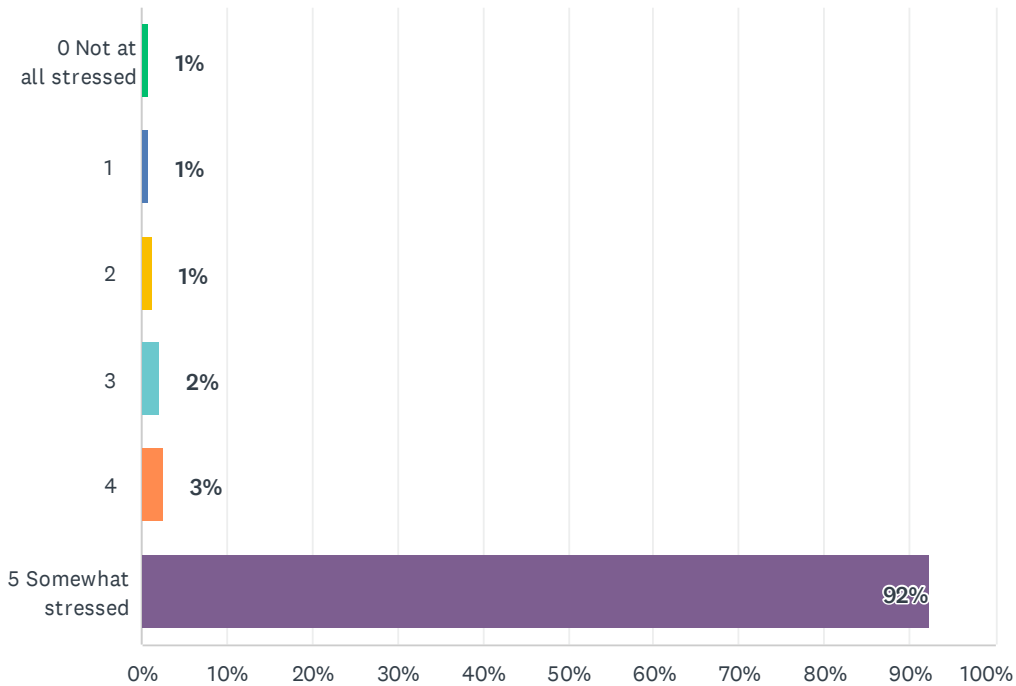


Q1 As an HR practitioner, how stressed would you say you are at your current job? Please use a scale of 1 to 10 where 0 represents not at all stressed and 10 represents completely stressed.

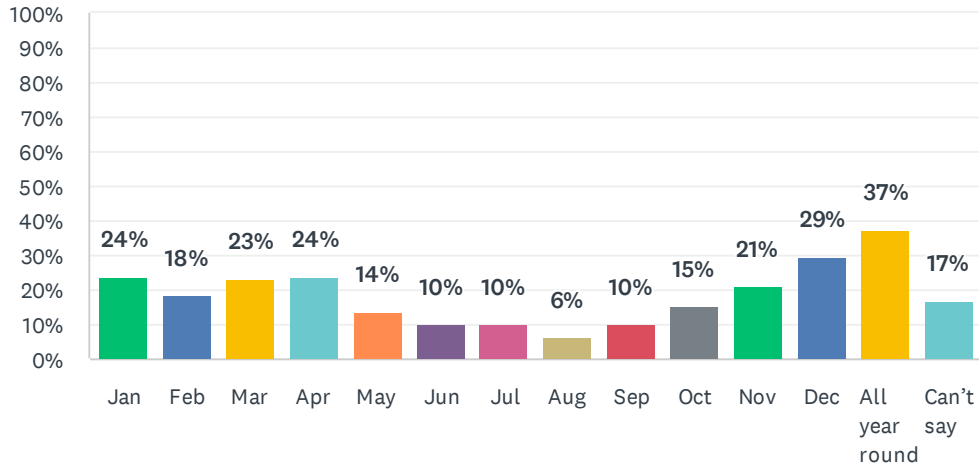
Answered: 236 Skipped: 0



ANSWER CHOICES	RESPONSES
0 Not at all stressed	1% 2
1	1% 2
2	1% 3
3	2% 5
4	3% 6
5 Somewhat stressed	92% 218
TOTAL	236

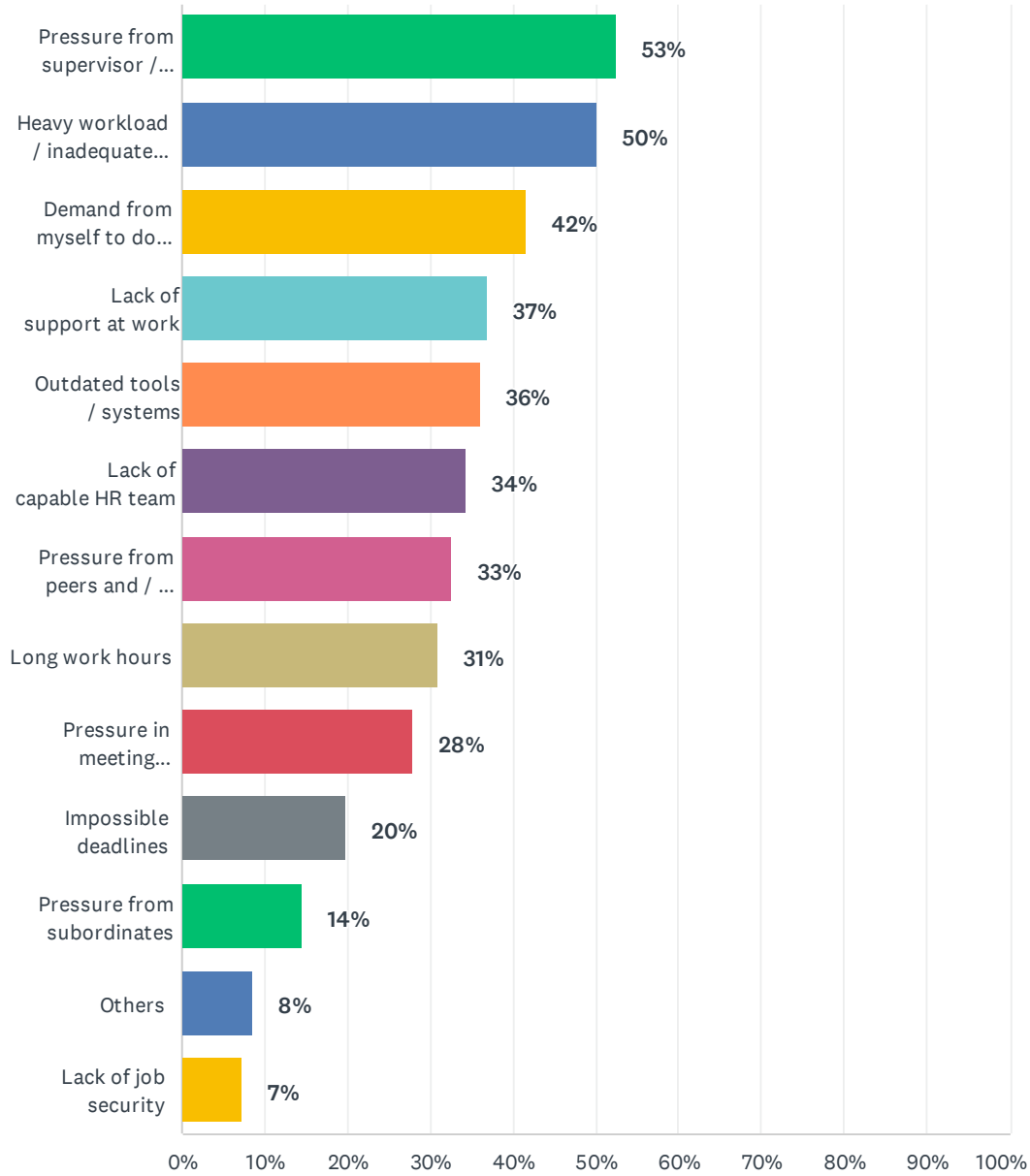
## Q2 At what time of the year are you most stressed at work? (please select all that apply)

Answered: 236 Skipped: 0



### Q3 What are the major sources of stress at work? (please select all that apply)

Answered: 236 Skipped: 0

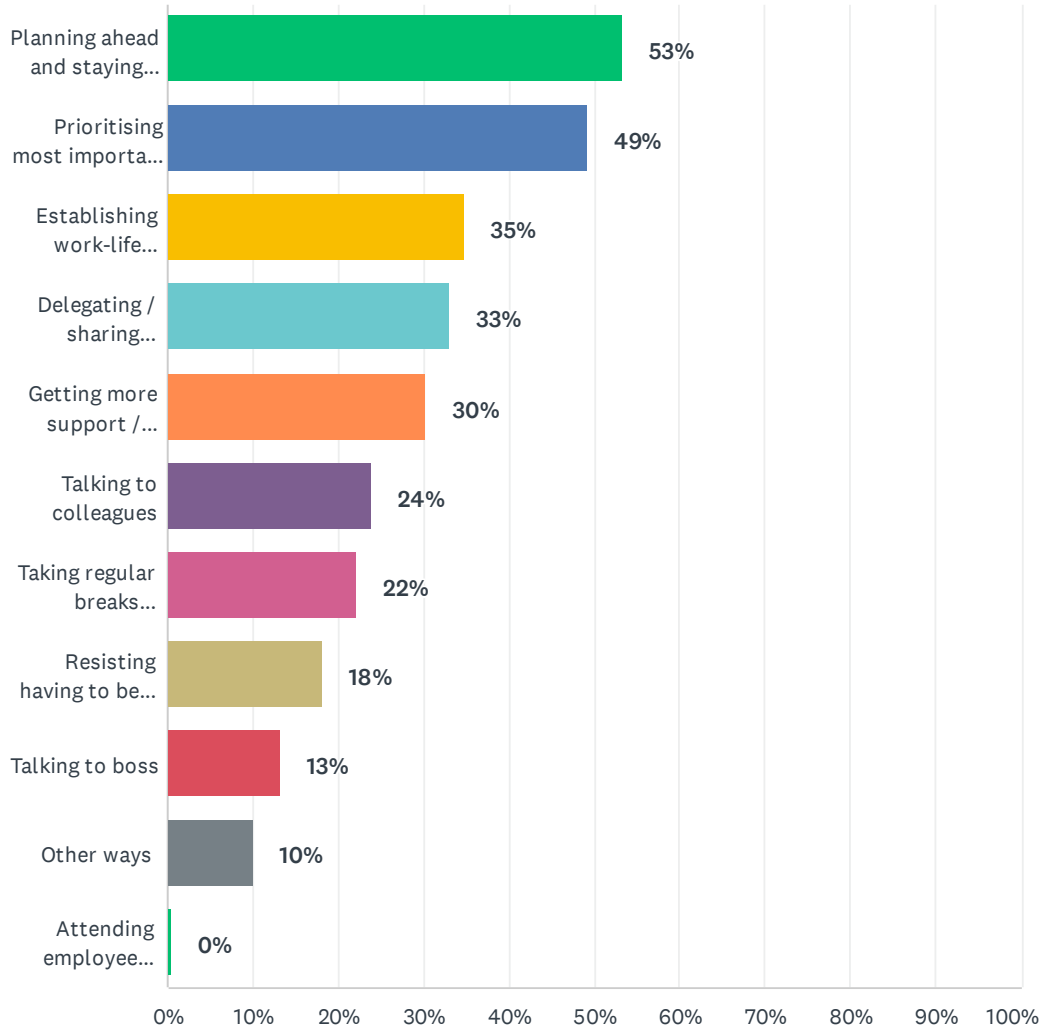


## HKIHRM Pulse Check - How Stressed are you at Work?

ANSWER CHOICES	RESPONSES	
Pressure from supervisor / boss	53%	124
Heavy workload / inadequate staffing	50%	118
Demand from myself to do better / more	42%	98
Lack of support at work	37%	87
Outdated tools / systems	36%	85
Lack of capable HR team	34%	81
Pressure from peers and / or line managers	33%	77
Long work hours	31%	73
Pressure in meeting business targets	28%	66
Impossible deadlines	20%	47
Pressure from subordinates	14%	34
Others	8%	20
Lack of job security	7%	17
Total Respondents: 236		

### Q4 What are the THREE most effective ways to alleviate work stress when you are at work? (please select three answers only)

Answered: 221 Skipped: 15

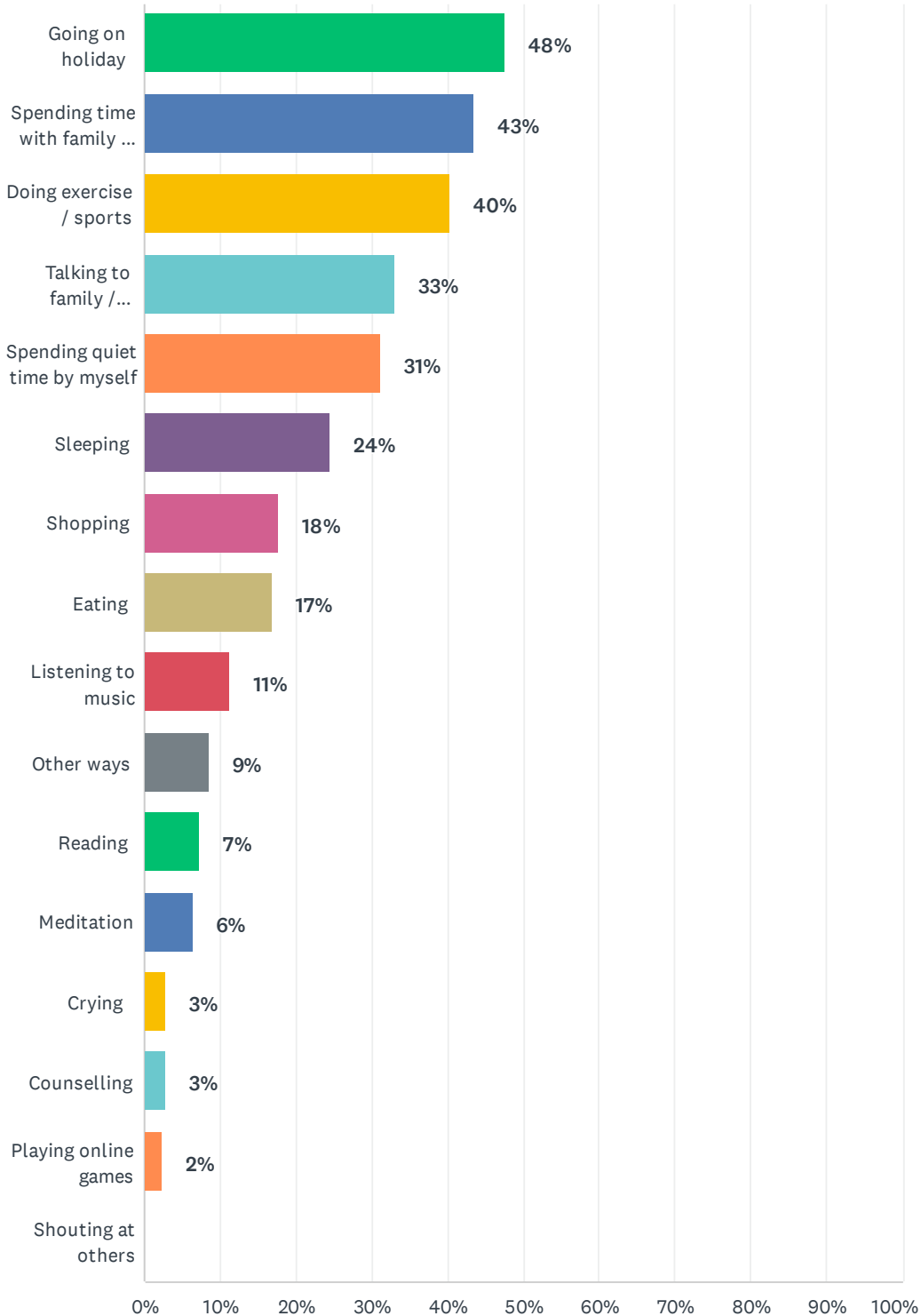


## HKIHRM Pulse Check - How Stressed are you at Work?

ANSWER CHOICES	RESPONSES	
Planning ahead and staying organised	53%	118
Prioritising most important tasks	49%	109
Establishing work-life boundaries and avoid blending work and home life	35%	77
Delegating / sharing workload	33%	73
Getting more support / resources	30%	67
Talking to colleagues	24%	53
Taking regular breaks throughout the day	22%	49
Resisting having to be perfect at everything	18%	40
Talking to boss	13%	29
Other ways	10%	22
Attending employee assistance programme (EAP)	0%	1
Total Respondents: 221		

### Q5 What are the THREE most effective ways to alleviate your work stress when you are away from work? (please select three answers only)

Answered: 221 Skipped: 15



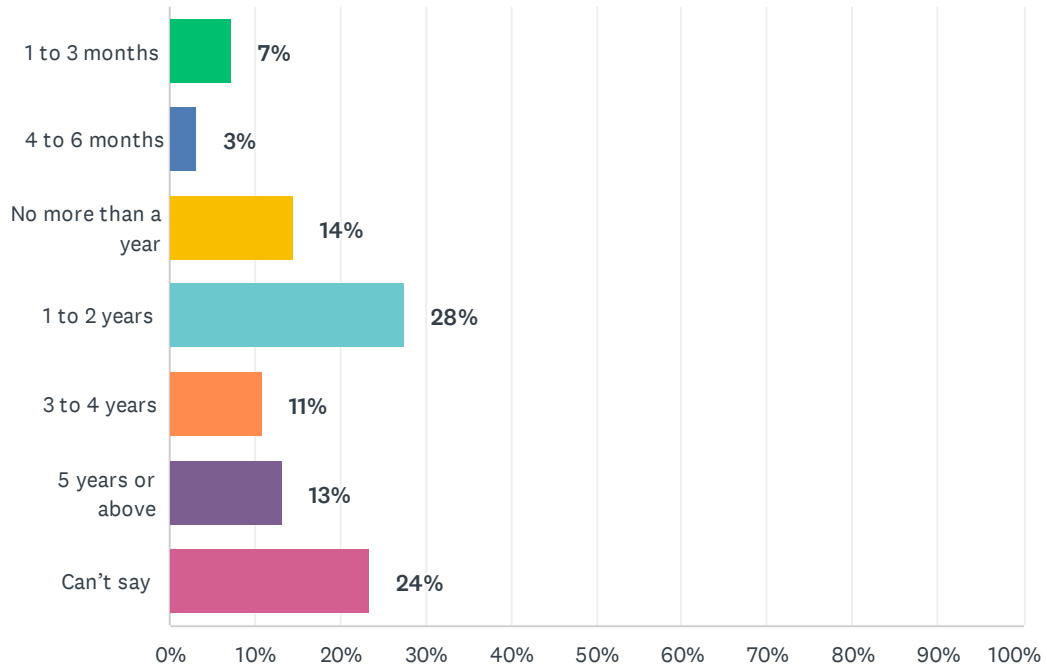
## HKIHRM Pulse Check - How Stressed are you at Work?

ANSWER CHOICES	RESPONSES	
Going on holiday	48%	105
Spending time with family / friends	43%	96
Doing exercise / sports	40%	89
Talking to family / friends	33%	73
Spending quiet time by myself	31%	69
Sleeping	24%	54
Shopping	18%	39
Eating	17%	37
Listening to music	11%	25
Other ways	9%	19
Reading	7%	16
Meditation	6%	14
Crying	3%	6
Counselling	3%	6
Playing online games	2%	5
Shouting at others	0%	0
Total Respondents: 221		



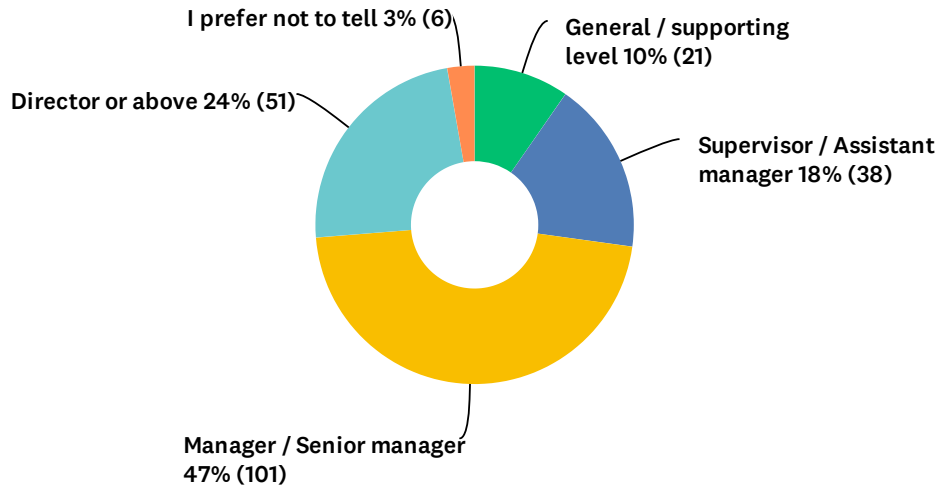
### Q6 Given the current level of stress, how long do you think you can stay in your current job? (please select ONE answer only)

Answered: 221 Skipped: 15



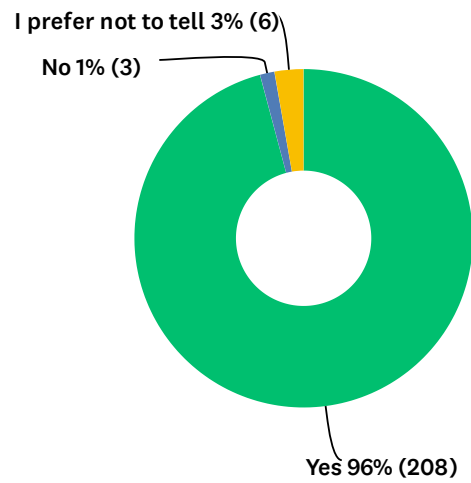
### Q7 Which of the following best describes your job level ? (please select ONE answer only)

Answered: 217 Skipped: 19



## Q8 Do you have responsibility for human resources at work?

Answered: 217 Skipped: 19



## Q9 Which of the following best describes you current work status?

Answered: 216 Skipped: 20

