

5-Point Scale (On the Job)

5	Over the edge- I'm ready to go off. I could lose my job at this point so I need to use my "help" card and ask my supervisor for assistance.
4	Close to breaking point- I can feel myself starting to lose control. I can leave and take a walk.
3	Rumbling- I'm feeling overwhelmed and having difficulty concentrating. I can ask my boss for a break.
2	Uneasy- I know something is not right. I can Self-Talk (Stay Calm!) and do deep breathing.
1	Awesome- I feel good and feel confident with doing my assigned tasks.