

Survey about Work and Mindfulness

Directions: Read each prompt and respond according to your initial reaction as to how you feel during or about your workplace.

Key 1. Hardly ever 2. Sometimes 3. Fair amount 4. A great deal
5. Almost always

Begin with this question: To what degree do you- Feel stress at work. Next, answer the following prompts about work- To what extent do you:		1	2	3	4	5
1.	Feel preoccupied during the day at work	1	2	3	4	5
2.	Accept situations for what they are as they happen at work	1	2	3	4	5
3.	Feel angry at things that happen during the day at work	1	2	3	4	5
4.	Feel patient with things that unfold during the day at work	1	2	3	4	5
5.	Feel judgmental with the people you interact with during the day	1	2	3	4	5
6.	Wish you could leave, retire, or get another work position	1	2	3	4	5
7.	Long for the weekend during the weekday	1	2	3	4	5
8.	Begin dreading Monday on Sunday	1	2	3	4	5
9.	Feel compassion for people in your department	1	2	3	4	5
10.	Feel you are able to listen to others, really hearing what they have to say at work	1	2	3	4	5
11.	Think about work when you are at home	1	2	3	4	5
12.	Regret things that have happened in the past at work	1	2	3	4	5
13.	Think about all you have to do at work when you are at home	1	2	3	4	5
14.	Worry about how you can accomplish everything you need to get done at work	1	2	3	4	5
15.	Deny or avoid some of the problems you are facing at work	1	2	3	4	5