

Energy absorbers and energy suppliers

Burden and task content:

- physical load (too high or too low)
- mental stress (too high or too low)
- emotional stress
- general work stress (too high or too low)
- uncertainty about tasks and responsibilities
- disturbances at work



Work autonomy

- planning tasks oneself (not enough or too much)
- deciding about breaks
- deciding about working hours



Relationships at work:

- appreciation for work
- support of management
- support of colleagues
- social atmosphere at work



Suitable terms of employment and perspectives:

- fit into the organisation
- job certainty
- payment in accordance with performance



Work-home interference

- burden in home situation
- commuting
- leisure activities



Wellbeing at work

- work pleasure
- physical fatigue
- mental fatigue
- overload