

Get your stress checkup!

In accordance with the December 1, 2015 revision to the Industrial Safety and Health Act, annual stress checkups are now mandatory for employers. The purpose of stress checkups is to help employees recognize their own stress and support them in providing the self-care they need to alleviate it. They are a form of **primary prevention to address potential mental health issues before they become serious.**

Stress checkup program features

- All faculty members and staff are asked to undergo a stress checkup by a medical practitioner (Kwansei Gakuin industrial doctor) once a year
- Stress checkups are designed to gauge the intensity of psychological demands placed on employees as well as identify sources of stress in the workplace. Employees will be asked about **causes of on-the-job stress, their mental and physical response to stress, and sources of environmental support.**
- Faculty members and staff who are deemed to be suffering from **high levels of stress** and wish to meet with the industrial doctor are asked to file a request with the Personnel Department.
- If the results of the consultation with the industrial doctor indicate that it is necessary, steps may be taken to address the issue in the workplace.
- Kwansei Gakuin will conduct **analyses of groups** of three or more*¹ and use the results to **help create a friendlier working environment.**

*¹ The purpose of analyzing groups of three or more is to ensure that the results of any one individual cannot be specified.

How to take the checkup

Log in using the web address sent in an email from **Advance BRain Co., Ltd.*²** and complete the online questionnaire.

(The email will be sent from kwansei-stresscheck@abr-net.com)

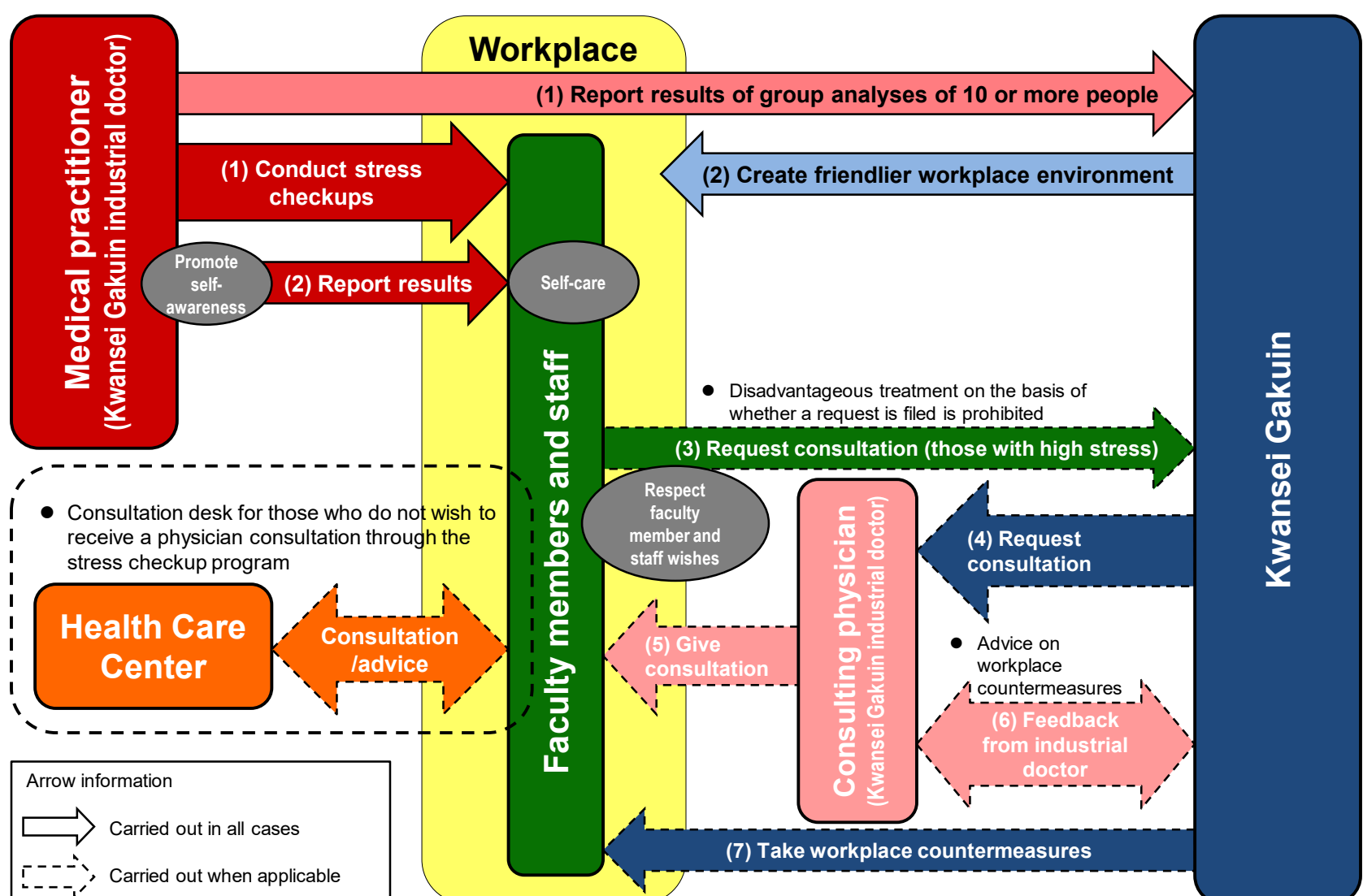
*² Kwansei Gakuin is using the Advance BRain System to conduct its stress checkups.

For more information, read the file “2019年関西学院ストレスチェック実施について” (Kwansei Gakuin Stress Checkups 2019) located in the public folder stored in Outlook titled “お知らせ” (Information).

Checkup period

May 16 through May 31, 2019

Stress checkup program flowchart



Contact the Kwansei Gakuin departments in charge (Personnel Department/Health Care Center) at: kg-stresscheck@kwansei.ac.jp