Sources of stress

Related to your role:
- Responsibility over “beneficiaries”
- Difficult emotion: guilt, powerlessness...
- Moral and ethical dilemmas
- Exposure to human rights abuses
- Deploying form one mission to another without

Personal and family factors:
- Motivation
- Separation from loved ones
- Health issues (MH)
- Coping styles
- Expectations
- Practical issues

Related to the context:
- Insecurity
- Threats
- Climate
- Challenges to values, ideas
- Exposure to poverty, human suffering

Related to the living and working conditions:
- Lack of space/privacy
- Lack of leisure/Cultural activities
- Heavy workload/inactivity
- Team dynamics/conflicts
- Role/job ambiguity