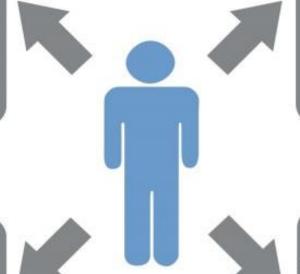
#### Related to your role:

- -Responsibility over
- "beneficiaries"
- -Difficul emotion: guilt powerlessness...
- -Moral and ethical dilemmas
- -Exposure to human rights abuses
- -Deploying form one mission to another without

## Sources of stress



# Mission Assignee/Appointee

### 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

# Personal and family factors:

- -Motivation
- -Separation form loved ones
- -Health issues (MH)
- -Coping styles
- Expectations
- -Practical issues