### 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

#### Wellbeing at work
- work pleasure
- physical fatigue
- mental fatigue
- overload

#### Work-home interference
- burden in home situation
- commuting
- leisure activities