

# Do you have one of the 10 most stressful jobs?

By Lauren Weber, Wall Street Journal

It's Jan. 9. Are you feeling frazzled yet?



Lake Tahoe News reporter Susan Wood on assignment. Photo/LTN file

You might be – especially if you're a soldier, public-relations executive, newspaper reporter, or airline pilot. Those are among the most stressful careers for 2014, according to a new ranking from job-search website CareerCast.com.

Every year, CareerCast.com compiles lists of the ten most and least taxing jobs, scoring 200 occupations according to 11 different stress factors including physical demands, deadlines, competitiveness, and the amount of travel the job requires. The scores are then added up to give a total, with higher numbers signaling higher stress. (Sources for the data include government agencies such as the Bureau of Labor Statistics, but also private surveys. See the full methodology [here](#).)

It's a cruel fact that some of the toughest positions in today's economy, according to the lists, pay salaries that

barely account for the shoulder-crunching tension they tend to inflict.

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