

ARE YOU STRESSED AT WORK?

A recent survey has shown that more than 60% of workers say the pressure at work is too much for them. Are you one of them? Do our quiz and find out whether you are stressed at work or not.



- During the working day, you have, on average:
 - Ten cups of coffee and six anxiety attacks.
 - Three glasses of champagne, served with strawberries and cream.
- What do you **fantasise about** at work?
 - Jumping off the building.
 - The two-hour lunch break I'm going to have as soon the **clock strikes two**.
- Stress at work is when:
 - I lose all sense of feeling in the right-hand side of my body, I **break out into a strange rash**, and my hand starts **shaking uncontrollably**.
 - Your favourite restaurant is **fully-booked** and you have to eat somewhere else.
- What would you consider a disaster at work?
 - The computer **crashes** and I lose everything.
 - My colleague cancels a game of tennis I had **scheduled for 4pm**.
- What do you do to **relieve the stress** at work?
 - I shout, throw things at people, drink alcohol, and **chain-smoke**.
 - I **pop down to** the gym and have a relaxing sauna.
- How many **unread e-mails** do you have in your **inbox**?
 - Three thousand, four hundred and twenty nine.
 - None.
- A fire **breaks out** in the office building. What do you do?
 - Carry on working – I have some work to finish before five.
 - I make my way to the exit and leave the building in an orderly manner.
- What is most likely to cause you stress today?
 - That report which is **due for** this morning, and which still hasn't been touched.
 - The 20,000-euro bonus I was expecting was only in fact 15,000 euros.

- Your computer crashes. What do you do?
 - Rush out to a computer store, buy a new one with my own money and **carry on working**.
 - Put my feet up** and wait for the technician to come and **fix** it. Hopefully she won't come till tomorrow.
- Just when you seem to be **getting on top of things**, your boss comes in and gives you some more work to finish by tomorrow. How do you react?
 - I **hurl** the computer against the wall and **stab myself** in the leg with a pencil
 - I smile nicely and tell her it'll be on her desk first thing. Then, I give it to someone else to do.

Now check your answers.

Quiz Analysis

Mostly "a" = You are stressed. Change jobs, or change lives.

Mostly "b" = You are leading a happy life, free of any stress or tension
Lucky you!



GLOSSARY

to fantasise about something *exp*

to think about a nice but imaginary situation
the clock strikes two *exp*

it is two o'clock exactly

to break out into a strange rash *exp*

to have red marks on your body suddenly and without knowing why

to shake uncontrollably *exp*

to make quick movements that you cannot control

fully-booked *adj*

if a restaurant is "fully-booked", there are no more tables for you

to crash *vb*

if your computer "crashes", it breaks and stops working

scheduled for 4pm *exp*

planned for 4pm

to relieve the stress *exp*

to stop the tension

to chain-smoke *vb*

to smoke one cigarette after another

to pop down to a place *exp*

to go somewhere quickly and for a short period

of time

unread e-mails *exp*

e-mails that you haven't opened/read

an inbox *n*

the area in your computer where your e-mails arrive

to break out *phr vb*

to start

due for *exp*

expected to be ready for

carry on working *exp*

to continue working

to put your feet up *exp*

to stop working and to start relaxing

to fix something *exp*

to repair something

to get on top of things *exp*

to complete jobs so you are in control of the amount of work you have to do

to hurl *vb*

to throw (with violence/aggression)

to stab yourself *exp*

to push a sharp object into your body

to fantasise about something *exp*

to think about a nice but imaginary situation

the clock strikes two *exp*

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to push a sharp object into your body

<i>to fantasize about something</i>	to have red marks on your body suddenly and without knowing why
<i>the clock strikes two</i>	to think about a nice but imaginary situation
<i>to break out into a strange rash</i>	it's two o'clock exactly
<i>to shake uncontrollably</i>	to make quick movements that you cannot control
<i>fully-booked</i>	there are no more tables for you
<i>to crash</i>	to smoke one cigarette after another
<i>scheduled for 4pm</i>	planned for 4pm
<i>to relieve the stress</i>	if your computer "crashes", it breaks and stops working
<i>to chain-smoke</i>	to stop the tension
<i>to pop down to a place</i>	e-mails that you haven't opened/read
<i>to stab yourself</i>	expected to be ready for
<i>unread e-mails</i>	to go somewhere quickly and for a short period of time
<i>due for</i>	the area in your computer where your e-mails arrive
<i>an inbox</i>	to stop working and to start relaxing
<i>to put your feet up</i>	to continue working
<i>carry on working</i>	to start
<i>to break out</i>	to complete jobs so you are in control of the amount of work you have to do
<i>to fix something</i>	to throw (with violence/aggression)
<i>to get on top of things</i>	to push a sharp object into your body
<i>to hurl</i>	to repair something