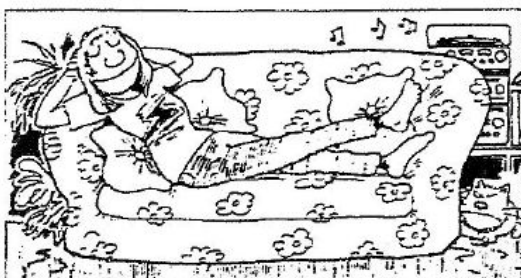


# Are you **STRESSED**?

- Do you find it difficult to relax?
- Do you worry a lot?
- Do you sleep badly?
- Do you never have enough time for everything?
- When was the last time you sang in the bath?
- Are you stressed?

**1** Ask your partner about yesterday. Tick ✓ or cross X.  
Did you sleep well yesterday?

## Part 1



- ☐ slept well
- ☐ had a good breakfast
- ☐ had a long, hot shower or bath
- ☐ listened to music
- ☐ read a magazine or book
- ☐ went for a walk
- ☐ did sport or exercise
- ☐ had a massage or a sauna
- ☐ went out with a friend / friends
- ☐ watched TV
- ☐ relaxed after dinner
- ☐ went to bed early

## Part 2



- ☐ woke up late
- ☐ drove a car or motorbike
- ☐ got to work / school late
- ☐ phoned more than five people
- ☐ got angry
- ☐ felt worried
- ☐ forgot something important
- ☐ smoked more than two cigarettes
- ☐ slept less than seven hours
- ☐ worked or studied more than eight hours
- ☐ had more than two cups of coffee
- ☐ had a meal standing up

FOLD

**2** Calculate your partner's score:  
In Part 1 each ✓ = +1 point.  
In Part 2 each ✓ = -1 point.

Part 1 = \_\_\_\_ points  
Part 2 = \_\_\_\_ points  
Total = \_\_\_\_ points

**3** Tell your partner how stressed he / she is.

**-7 to -12**

You're very stressed. Change your life style quickly!

**-6 to -1**

Be careful! You're quite stressed. Life's short. Try to work less, to relax more, and to decide what's really important.

**0 to 5**

You're quite busy and a little stressed at the moment. Learn to relax more and enjoy a long and happy life.

**6 to 12**

Congratulations! You're very lucky! You have a very stress-free life. Are you on holiday?