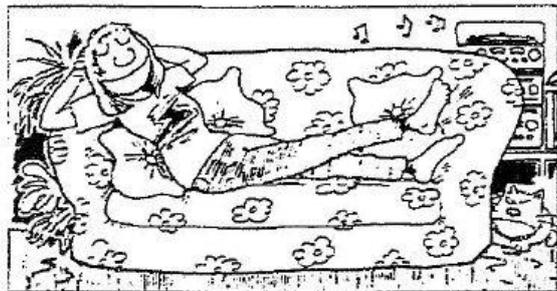


Are you STRESSED?

- 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?