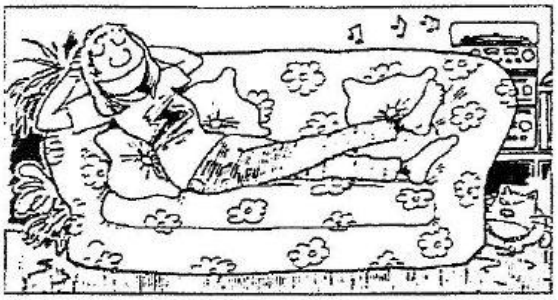
Are you STRESSED?

• 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 ✗.
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?