

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

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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

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| <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 |