

# 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.



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

9. Your computer crashes. What do you do?
  - a) Rush out to a computer store, buy a new one with my own money and **carry on working**.
  - b) **Put my feet up** and wait for the technician to come and **fix it**. Hopefully she won't come till tomorrow.

10. 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?
  - a) I **hurl** the computer against the wall and **stab myself** in the leg with a pencil
  - b) 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

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

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

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