

## TEST YOUR STRESS AND LEARN MORE ABOUT THE SIGNS OF STRESS

Within the past four weeks, how often have you ...

(tick one box only for each question)

		RARELY OR NEVER	SOMETIMES	ALWAYS OR OFTEN
<b>TENSION</b>	... had problems relaxing?			
	... felt irritable?			
	... felt tense?			
	... felt tired?			
<b>SLEEP</b>	... slept badly and restlessly?			
	... had problems falling asleep?			
	... woken up too early without being able to go back to sleep?			
	... woken several times during the night and found it hard to go back to sleep?			
<b>MOOD</b>	... felt unhappy?			
	... lacked self-confidence?			
	... had a bad conscience or felt guilty?			
	... felt uninterested about the tasks that you do in your daily life?			
<b>BODY</b>	... had a stomach ache?			
	... had a headache?			
	... had heart palpitations?			
	... had muscle tension?			
<b>THOUGHTS</b>	... had problems concentrating?			
	... had problems thinking clearly?			
	... had problems making decisions?			
	... had problems remembering things?			

If you have ticked five or more boxes in the red column, you should consider making an appointment with your doctor. The symptoms of long-term stress differ from person to person, and many of the above-mentioned symptoms are not necessarily caused by stress. Source: Danish Health Authority, leaflet on stress, 2007