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

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| --- | --- | --- | --- | --- |
| **Within the past four weeks, how often have you ...**  (tick one box only for each question) | | **RARELY OR**  **NEVER** | **SOME-TIMES** | **ALWAYS  OR OFTEN** |
| **TENSION** | ... had problems relaxing? |  |  |  |
| ... felt irritable? |  |  |  |
| … felt tense? |  |  |  |
| … felt tired? |  |  |  |
| **SLEEP** | … 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? |  |  |  |
| **MOOD** | … felt unhappy? |  |  |  |
| … lacked self-confidence? |  |  |  |
| … had a bad conscience or felt guilty? |  |  |  |
| … felt uninterested about the tasks that you do in your daily life? |  |  |  |
| **BODY** | … had a stomach-ache? |  |  |  |
| … had a headache? |  |  |  |
| … had heart palpitations? |  |  |  |
| … had muscle tension? |  |  |  |
| **THOUGHTS** | … 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

If you feel concerned about whether you or a colleague may be suffering from stress, you are advised to speak to your manager, union representative, occupational health and safety representative or a colleague (see page 3 in AU’s leaflet on stress).   
Even if you have only ticked a few boxes in the red column, or if you have a lot in the yellow column, you still need to react and try to find out how to make relevant adjustments that will ensure your well-being on a daily basis. Use your network or contact AU's psychological counselling.