

The bars below show various stress factors and the degree to which these may apply to you in situations where you find yourself under stress. A bar with a value below 50 shows a gradual decrease in the impact of stress from moderate to insignificant. If, on the other hand, this level is above 50 – this indicates a gradual increase from moderate to significant. Stress can be experienced in a number of different ways. In this context, we are thinking of a negative impact on mood or emotions. This may take the form of frustration, dissatisfaction, irritation or harassment. Sometimes you might not feel this stress directly but notice symptoms such as tiredness, boredom or resignation.

