

Time	14:00 -	15:00 -	16:00 -	17:00 -	18:00 -	19:00 -	20:00 - 21:00
Location	work	work	work	Travel	Home	Home	Home
Doing	lunch relax. but not totally	same	same with stress		Relax	Relax	Sleep
Stress Rating							

When do you think you're most stressed?

working hours & Traveling

What helps you calm down when you're stressed?

music - podcast  
comedy

How much does stress affect your life?

35%.