

Time	14:00 -	15:00 -	16:00 -	17:00 -	18:00 -	19:00 -	20:00 - 21:00
Location	at work	at work	at work	at work	traveling home	at home	
Doing	continuing working day	working and short break	working and short break	working and short break	↓	household chores, & relaxing	
Stress Rating	5/10	5/10			9/10	9/10	3/10

When do you think you're most stressed?

traveling on overground, underground trains
relaxation techniques, films & music

What helps you calm down when you're stressed?

How much does stress affect you're life?

more than I would like it to,
working on relaxation techniques