

Time	14:00 -	15:00 -	16:00 -	17:00 -	18:00 -	19:00 -	20:00 - 21:00
Location	work	"	"	"	TFL	TFL	Home
Doing	"	"	"	"	Finish work		
Stress Rating	8	8	8	7	4	5	3

When do you think you're most stressed? *Evening*

What helps you calm down when you're stressed?

Break - time / lunch / Tea

How much does stress affect your life?

A lot