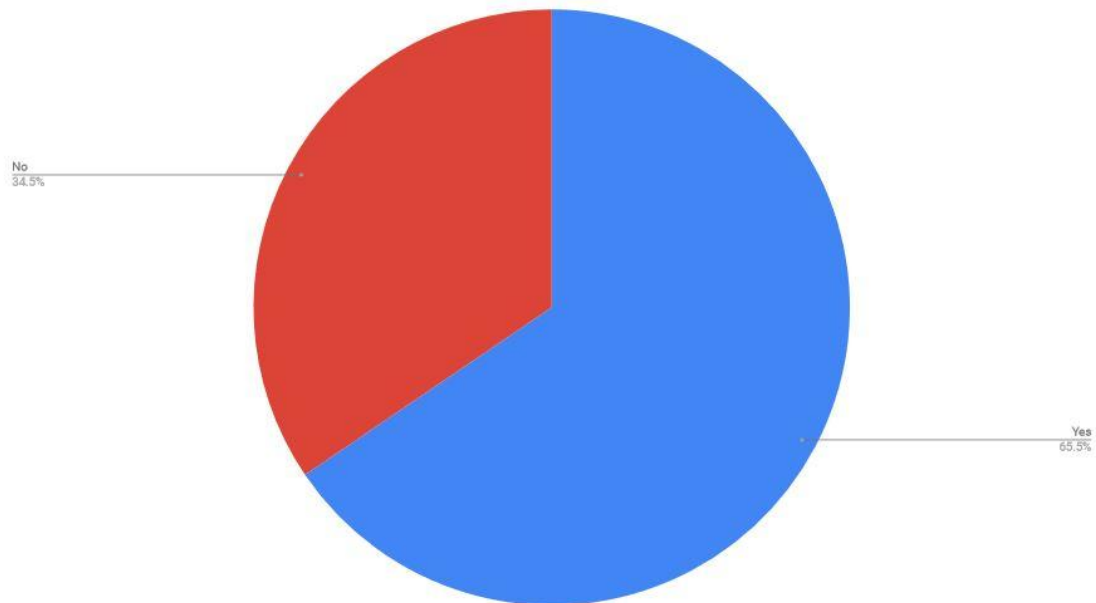




INITIAL EVALUATION: ASPECTS RELATED TO THE FIFTH RING

Do you ever feel stressed?



If the answer is yes, what do you do in that case?

Most significant answers:

- Take deep breaths
- Running...
- Take a bath, listen to music, go for a ride with my bicycle, I need to be alone for a while...
- Try to put the situation in its context, do other activities
- I read
- I try to relax, and I often run to defrost.
- Try not to do so much
- Lie on the ground
- Walk
- Eat chocolate, lie on the ground
- I clean my house :)
- Play video games
- When I'm stressed I'm going to do sport
- Rest and do something that I like
- Stop doing what I am doing and not thinking about anything
- In this situations I count up to 10.
- I read books.
- I scream at everybody



HIGHWAY TO HEALTH (#h2h2020)



I dance

I try to calm myself down and pep talk myself. But most of the times I do nothing, I just wait till the stress is gone.

If it's because I'm doing a lot of homework I stop 10 or 20 minutes.

Breathe deeply, use relaxation techniques, walk and sometimes sleep.

Stop doing what I'm doing and go outside

I try to be calm

I go to my room.

I start to panic.

Freak out

I am not often stressed but when i am stressed I try to chill.

Trying to overcome it somehow

I pray

Laugh, I don't know why...

Go to bed earlier, workout, take a bath

Ask for help.

Just stay calm. I also listen to music.

How does your body feel when you are stressed? / What situation might stress you?

Most significant answers:

I feel...

Tired

Loud heart beating, acting nervous

Sweating hands and trembling

When I'm stressed I usually have a headache and all my muscles are tensed

I begin to breathe very quickly and I try to calm myself

I am hot or cold

I have a stomach ache

I'm so nervous, and i don't know what to do

My head hurts and I tremble

Higher pulse rate, short-tempered

When I stress, I feel bad and I feel overwhelmed

I want to punch a person

When I'm stressed I cannot stop doing things

When I get stressed I feel like crying

I start shaking and sometimes I cry as well.



HIGHWAY TO HEALTH (#h2h2020)



The situations that stress me...

When things do not come out

Stress for me is caused by a big workload and not enough time to do the work. Multi-tasking also causes stress.

A lot of work and, no spare time, a lot of quarrel... stresses me

Tests, exams

Presentation in school

I feel stressed when I have to talk in front of my class, or if I have to go somewhere where I don't want to go. Also I feel stressed sometimes for no apparent reasons. I also feel anxious sometimes.

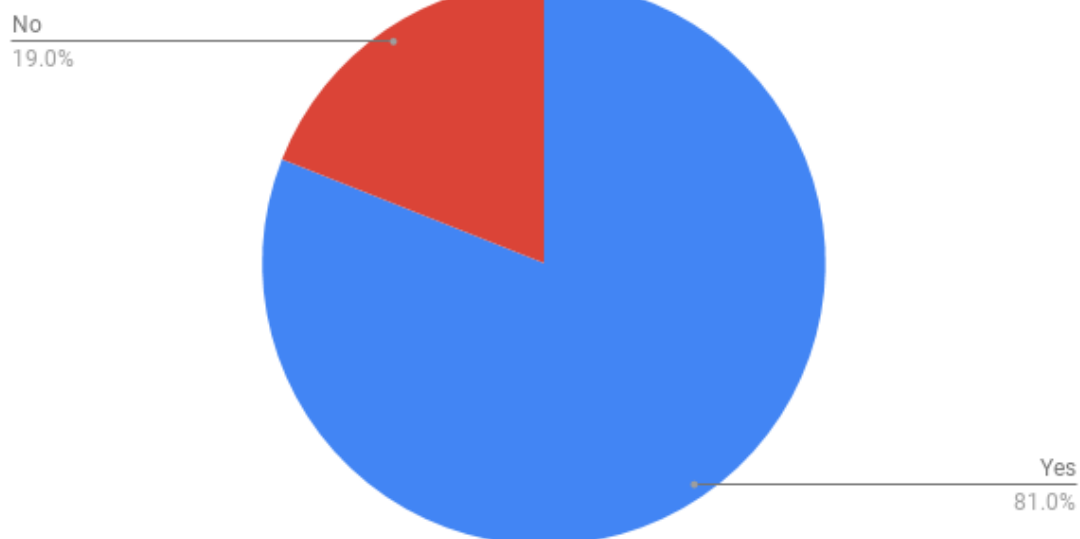
A situation that usually stresses me is when I have a lot of homework to do and I feel that I will not end.

When I am losing at a football game

When there is a lot of noise

When I get a bad grade.

Do you usually manage to overcome your stress?

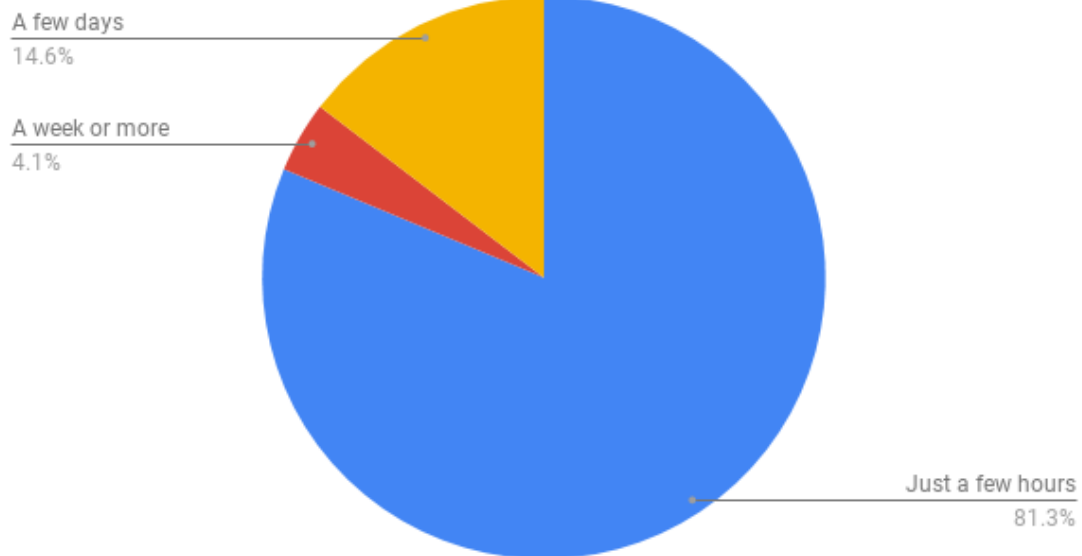




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If yes, how long does it take to happen?



If no, why do you think you can't manage your stress? Is there any change you can make in order to avoid feeling stressed or reduce your stress?

Most representative answers:

Change my way of living on certain points...

I think I shouldn't be so nervous and try to do things slowly



HIGHWAY TO HEALTH (#h2h2020)



Which activities, people, places relax you?

Most significant answers:

Swimming

My home

My room

My bed

Listening/playing music, going for a walk with a friend, drinking a cup of coffee with a friend...

Running, reading, music

Football and music.

Going to the beach.

Doing theatre, meeting with my friends. Or staying in a green meadow

Meditation, yoga...

Playing videogames

Playing basketball

Meeting friends

Swimming

Walking in the forest, doing sports

Riding a horse

Lying on the ground

Playing games on my phone

Going to the movies

Drawing

Wherever you are alone, in nature

When I read a book or I play with my best friend.

Having a massage

When I help people in need like the elderly

Watching tv

I feel most comfortable in my room or somewhere quiet. When I feel stressed I usually try to believe that I'll be okay. No one can relax me, when I feel stressed I have to be alone so I can think about the situation I'm in.

My mother, my room

Playing hockey.

Being at home

Listening to music and painting, my closest friends and fictional characters.

Silence

Volleyball

Holidays

Carpentry

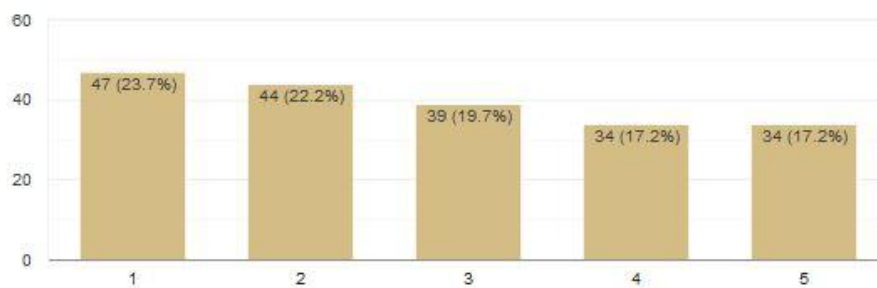


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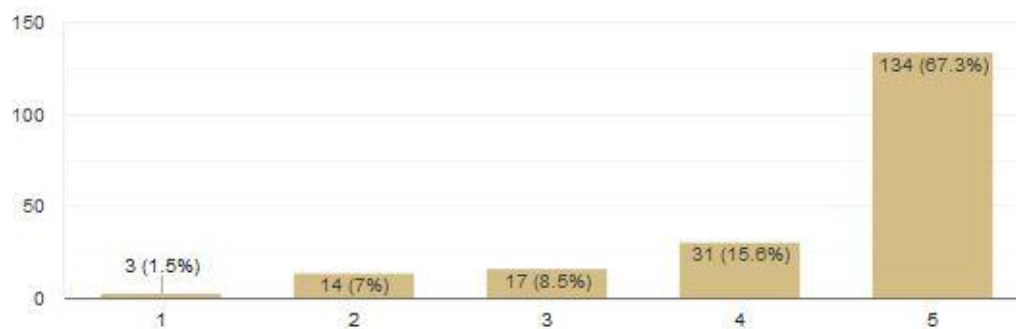
How often do you read books?

198 responses



How often do you listen to music?

199 responses





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Do you have pets?

