

	No	Rarely	Often	Always	No answer
Do you feel that you get angry easily?	29,5%	53,7%	13,7%	2,1%	1,1%
Do you think you react with higher stress than the situation requires?	23,2%	43,2%	30,5%	2,1%	1,1%
Do you give up easily thinking ? there is nothing I can do??	40%	48,4%	8,4%	2,1%	1,1%
Do you feel unreasonable mental tiredness in some situations?	14,7%	56,8%	26,3%	0%	2,1%
Do you lie to yourself that you feel good even though you feel really bad?	43,2%	36,8%	14,7%	2,1%	3,2%
Do you think everyone is against you?	66,3%	23,2%	9,5%	0%	1,1%
Do you tend to overexaggerate some situations e.g. You easily fall into despair?	47,4%	41,1%	8,4%	1,1%	2,1%
Do you think that you fall into trouble easily?	55,8%	32,6%	9,5%	0%	2,1%
Do you feel anxiety for no reason?	44,2%	32,6%	20%	0%	3,2%
Are you easily persuaded by your friends to take some drugs?	96,8%	0%	0%	0%	3,2%
Do you smoke?	91,6%	4,2%	1,1%	0%	3,2%
Do you take painkillers, sleeping or calming pills?	68,4%	21,1%	4,2%	1,1%	5,3%
Do you have problems with organizing your learning time e.g. you wait until the last moment to study or revise the material?	11,6%	34,7%	40%	10,5%	3,2%
Do you have the impression that you don't rest enough, e.g. you wake up tired or you are not able to relax during the day?	8,4%	30,5%	43,2%	15,8%	2,1%

## 2. Matrisfråga

What do you do to fight with stress? Here are some activities to help you get rid of stress. Choose 3 activities put a tick next to them.

	Agree	Do not agree	No answer
Going for a walk	17,9%	24,2%	57,9%
Listening to music	67,4%	5,3%	27,4%
Playing a musical instrument	6,3%	25,3%	68,4%
Going to the theatre, cinema or to the concerts	5,3%	26,3%	68,4%
Watching TV	53,7%	10,5%	35,8%
Painting or drawing	5,3%	23,2%	71,6%
Jogging	17,9%	18,9%	63,2%
Playing sports games (team games)	42,1%	11,6%	46,3%
Having a massage	26,3%	12,6%	61,1%
Doing yoga or other relaxation techniques	4,2%	22,1%	73,7%
Doing aerobics, swimming or cycling	10,5%	20%	69,5%
Working in the garden	0%	27,4%	72,6%
Reading books	9,5%	24,2%	66,3%
Doing meditation	4,2%	24,2%	71,6%
Having a practical hobby such as: knitting, sewing etc.	4,2%	24,2%	71,6%
Writing poems, stories, a diary	4,2%	23,2%	72,6%
Going shopping	17,9%	21,1%	61,1%
Surfing the Internet	28,4%	14,7%	56,8%
Meeting friends	37,9%	11,6%	50,5%
Playing computer games	13,7%	22,1%	64,2%
Having a shower or bath	28,4%	13,7%	57,9%

### 3. Öppen fråga

Do you wish to add the activity that you do and which is not in the list, please add it here.

- - Sleep!
  - 
  - 
  - Train tennis.
  - 
  - 
  - 
  - powernap
  - 
  - Playing action games on Playstation 3
  - 
  - I sit in my sofa in our outdoor-room and just relax, listening to some music and watching the forest outside.
  - 
  - going to bed and sleep for some hours.
  - 
  - 
  - No thanks, but thanks you for asking!
- Best Regards
- - sometimes I just go to bed and sleep. Thinking that everything will work out the next day.
  - 
  - Eat! When I feel stressed I make myself something good to eat.
  - 
  - Sleep
  - 
  - sleep or meeting my boyfriend
  - 
  - yes, having a shower, sleep and going to the gym
  - 
  - write s poem or a song
  - I went to a monastery during the holiday, it was really relaxing and unstressing
  - Figure skating
  -