SELF ASSESSMENT **CODE:**

Self-assessment of mental and physical health

Your information will be treated confidentially by Voller Elan.

	Not true	Rarely true	Often true	True
I am having problems falling asleep	☐	☐	☐	☐
I wake up at night and start thinking about this or that	☐	☐	☐	☐
I do not have as much energie for spare time activities or family as I did before	☐	☐	☐	☐
I try to avoid the contact with my colleagues at work, because it takes too much time from my work tasks	☐	☐	☐	☐
I deal with physical pain like headache, back pain or muscle pain	☐	☐	☐	☐
I find it hard to calm down after work and think about work even at home	☐	☐	☐	☐
I often eat unhealthy.	☐	☐	☐	☐
I drink more alkohol than I should.	☐	☐	☐	☐
I weekend is not enough to recover.	☐	☐	☐	☐
I have a hard time concentrating at work; I easily get distracted by e-mails, conversations the phone etc.	☐	☐	☐	☐
I feel an inner resistance against my job, which I have to overcome each day.	☐	☐	☐	☐
I do not have enough time for sport.	☐	☐	☐	☐
I often consider finding a new job.	☐	☐	☐	☐
Time pressure, responsibilities, requests - often I feel trapped and don´t know how to get out of this routine	☐	☐	☐	☐
If something does not work out as I wanted it to at work, I react with resignation.	☐	☐	☐	☐
I am moody, and sometimes surprised by myself when I react agitated or irritated.	☐	☐	☐	☐
I am not always aware of the small pleasures and joy in life.	☐	☐	☐	☐
I often envy other people for what they can/ are/ do.	☐	☐	☐	☐

	Not true	Rarely true	Often true	True
I easily get irritated by other people.	☐	☐	☐	☐
Mostly I do not have the time at work to sit down and prioritize my tasks.	☐	☐	☐	☐
Mostly I do not have the time to cancel tasks or meetings, which are less useful.	☐	☐	☐	☐
During conferences, telcos, meetings I find it hard to concentrate and often drift of mentally.	☐	☐	☐	☐
It is hard for me to forget, if someone treated me unfair	☐	☐	☐	☐