



Personal report light

Your total score: 5 / 10

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Introduction

Stayok for experts light is a systematic support system for early detection of ill or injured people who possibly have multiple stresses. You answered a few validated questions to help assess the extent of your potential stressors with regard to your health, profession, social life, and finances, and you will now receive your personal report.

Important: The result is an assessment of various factors at this point in time and is based on your personal assessment.

Points score

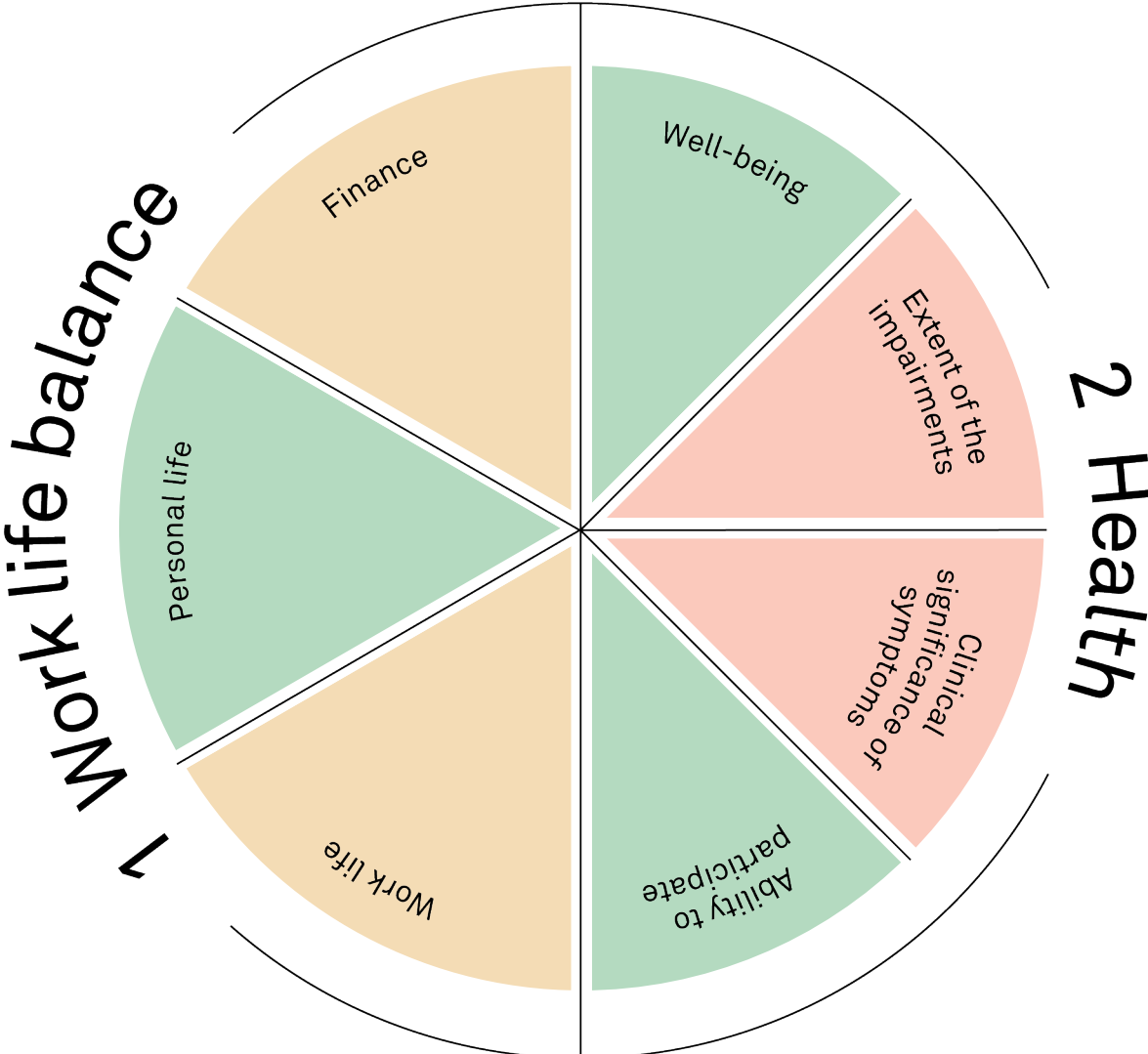
0 - 3	low
4 - 6	middle
7 - 10	high

Please note that reverse scoring applies to certain results.

Reference value

With some results, the reference value shown will be the average for the corresponding professional group.

Overview



Your overall result

Overview

Take care! You feel quite comfortable in your life. However, there are some parts of your life that have a long-term negative impact on your well-being and health. So you need to set the course for a balanced life.

Your value

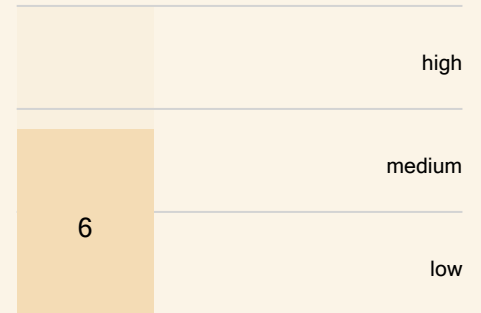


1 Work-life balance

1 Overview

Work-life balance is the balance between work and personal life, which is expressed in terms of personal life satisfaction and life quality. If the delicate balance between work and personal life is disturbed, it can seriously endanger your health and performance. Do you sometimes lack the time and energy to harmonise all the tasks or to set the right priorities? Think about how you can restore the balance.

Your value

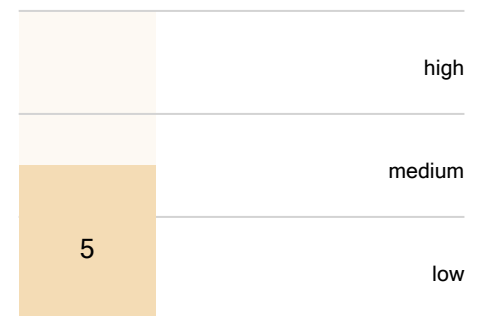


1 Work-life balance

1.1 Professional life

You like your work and your work environment and normally feel that you are on the right track. Sometimes you are more tired after work and feel like you have little energy left for activities in your personal life. Pay attention to what saps your energy.

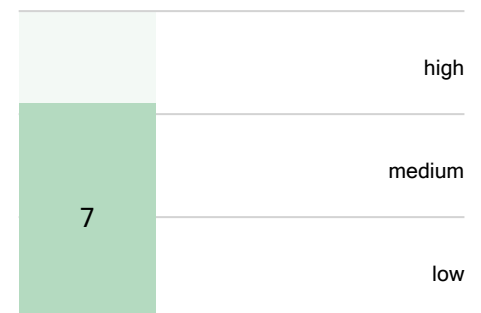
Your value



1.2 Personal life

You are satisfied with your relationships in your personal life. You have meaningful relationships with your friends, acquaintances, and with your family. You take out time for rest and for activities that energise you. You actively plan your free time.

Your value



1.3 Finance

You feel distinctly good about your financial situation. It is worth thinking about how you can improve your financial situation.

Your value

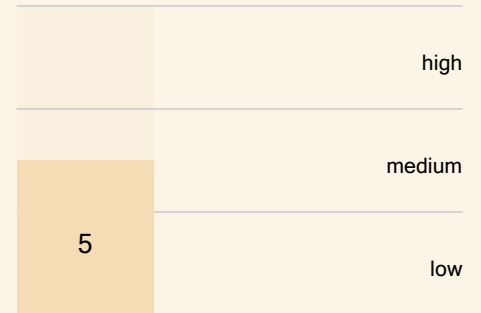


2 Health

2 State of health

Overall, you feel good at present. Sometimes you might want a clearer understanding of your health situation. Various symptoms could have a negative impact on your well-being and on your mood.

Your value

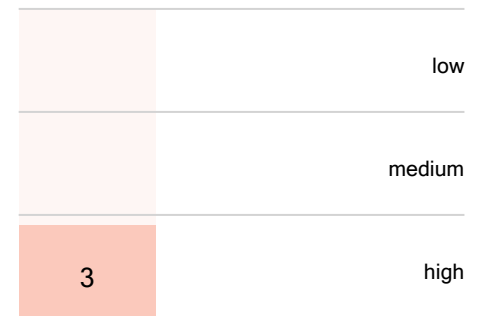


2 Health

2.1 Severity

The severity of the impairment is seen from the impact on your ability to work. The level of severity is calculated from your personal current health assessment, the onset of your health complaints, and your estimate of how long it will take for you to become symptom-free again. You don't feel healthy and suffer from various impairments that dominate your everyday life. You need professional help to stabilise your health.

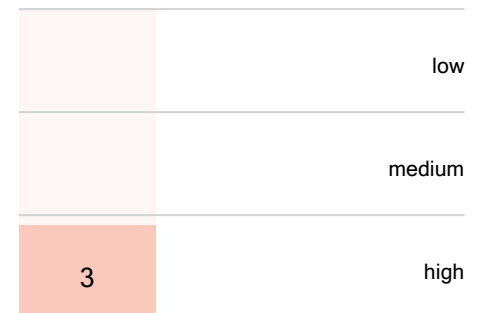
Your value



2.2 Clinical significance of symptoms

Symptoms are potential, subjectively perceived signs of illness, and the indication is the sum of the symptoms. The symptomatic conditions which you are asked about show that your life is actively restricted because of the existing complaints.

Your value

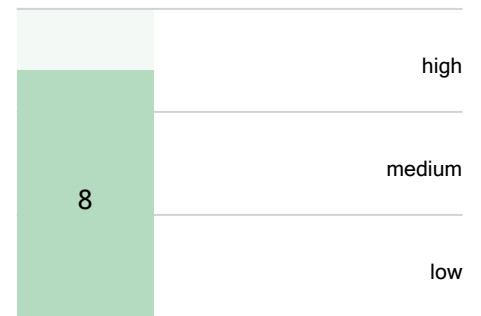


2 Health

2.3 Well-being

A person's well-being is a part of being healthy and it includes both physical and mental well-being. You are doing well.

Your value



2.4 Ability to participate

The stated participation ability indicates your active participation and the willingness to complete tasks. You actively participate in the decisions that affect your life.

Your value

