Title of Tool WORK RELATED STRESS	
Aim of the Tool	The tool is used to detect user's own stress index and how it affects people at work.
Materials necessary to use the tool (ex. Whiteboard, pen and paper, room with chairs in a circle, internet connection, computer or mobile phone etc.)	Computer, word document or print out, paper and pen.
Involvement of other people (for example teacher, company tutor, parents etc)	The evaluation is performed by tutor, mentor or another appropriate person (such as employer, or parents)
Link for the tool (online link for example)	NA
Indication on how to use the tool	The tool is used during individual sessions with trainees. After the assessment the counselor/tutor/mentor should draft a document with recommendations to all parties involved.

This publication has been developed with the financial support from the European Commission in the framework of Erasmus+ programme. The information and views set out in this publication are those of the authors. The European Commission and the Belgian National Agency may not be held responsible for the use, which may be made of the information contained herein.