

114 TENSOMETER

Don't stress out over your next promotion

Hold the square between your thumb and forefinger for 15 seconds, release, and check your stress level on the indicator.

TENSOMETER^{TM.}

Hold the Tensometer indicator square firmly between your thumb and forefinger for 15 seconds. Then read the color of the tension indicator below.

PRESS HERE CALM NORMAL SOME TENSION TENSE

To reduce tension, take a deep breath. Let it out slowly. Repeat 5 times. Here's another technique for reducing tension. Close your eyes and imagine that you've just arrived at your favorite vacation spot. Feel the warm sun on your face, the gentle lapping of water on the shore. Smell the fresh breeze. Listen for the sound of birds. Relax and enjoy. Take 5 minutes or more. You'll return to work refreshed. Repeat as necessary. You'll find that your day will go more smoothly.



Markets:

- Hospitals and Family Wellness Programs
- Community Health Agencies
- Tourism and Hospitality
- Counseling and Prevention Services
- County and Government Agencies
- Stress Awareness Programs

Features:

- Reusable
- Stress Reduction Techniques
- Large Imprint Area on Back

Description:

114 Plastic Tensometer card with stress square indicator and stress reduction techniques on front. Includes custom imprint on back.

Specifications:

Overall Product Size: 3-3/8"w x 2-1/8"h x .020"
 Imprint Area Size: 3"w x 1-3/4"h
 Large imprint on back.
 Weight: 9 lbs./M

Pricing:

Qty./Item	250	500	1000	2500	5000
114	\$1.32	\$1.10	\$.97	\$.84	\$.72

Price includes a one color imprint 5R

Other Charges:

Qty./Item	250	500	1000	2500	5000
Additional colors/imprint	\$.44	\$.30	\$.23	\$.20	\$.19

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Set up/Copy Change: \$31.25v

PMS Color Match Charge: \$25.00v

Production: 7-10 working days from art/order approval