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Hold the Tensometer indacator 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 imaging that you've its privated at you're favority you grift and the proof to the warm support for the color.

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 jus 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.

Front

Imprint: 3" x 1.75"

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