

Imprint: 3"W x .375"H

STRESS MEASURE

MOST STRESSED STRESSED SOME STRESS RELAXED

USE ONLY AT ROOM TEMP.
(21°-23°C; 70°-74°F)
HOLD YOUR THUMB ON THE
INDICATOR FOR A COUNT OF 10.



TO TURN CARD BLUE (CALM),
TRY ONE OR MORE OF THE
TECHNIQUES ON THE BACK.

HOW TO USE THE STRESS MEASURE CARD

When you are under stress, your blood flows inward which can cause cold hands, making the card register black.
If this is the case, try one of the following relaxation techniques until you are able to turn the stress measure blue with your warm hands

- 1) Wait 5 minutes after the last smoked cigarette, drink or eaten food. Your body needs all your blood for processing the drink, the inhaled smoke and digestion. Therefore your body temperature will drop colder than normal in your hands, and the card will show black
- 2) Tighten your whole body for a count of ten. Now, release it and feel yourself loosen up until you are completely limp.
- 3) Sit down, take a deep breath and let your body go completely loose. Start to count back from 10 to 1 for help with concentration, then try to remember a very nice experience you had.
- 4) Dream about a nice vacation you will have. Stay for some seconds with this dream until you feel warmth in your hands. Now you can use the stress chip on the card.