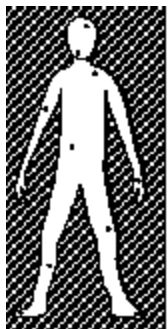


# STRESS SQUARES



© 1996 Dr. Tim Lowenstein

Few of us realize that hand and foot temperature are perhaps the simplest and easiest measure of stress.

**CHECK YOUR STRESS LEVEL RIGHT NOW.** Place

the fingertips of both your hands against your neck. Do your hands feel chilly or warm in comparison? Under stress muscles tense and blood flow is restricted to the main body and shut down to the hands and feet. Your Stress Level follows a simple rule - **WARM HANDS RELAXED, COLD HANDS TENSE.**

One of the surprising findings of stress research is that hand/foot temperature can range 40° from 60° to 99° F. Changes of 5° or more can take place in under a minute. After listening to one of our cassette relaxation exercises, it is not unusual for hand temperatures to have risen 10° to 20° degrees.

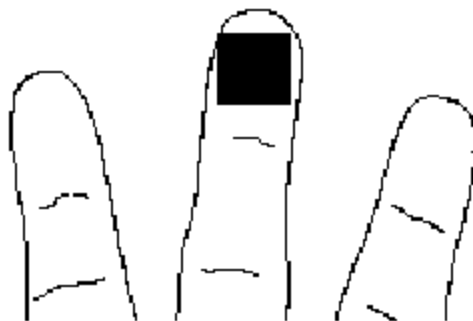
## STRESS TEMPERATURE RANGE

Below 79° - *Chronic Tension*  
 79° - 84° - *Nervous*  
 84° - 90° - *Alert & Active*  
 90° - 95° - **Calm**  
 Above 95° - **Deeply Relaxed**

Stress Squares are small liquid crystal squares that CHANGE COLORS for stress related temperature changes. The adhesive back allows you to stick the Stress Square over areas of tension. Relatively inexpen-

sive and unbreakable, Stress Square show temperature change over a 10° range from 79.6°F. to 89.6°F. There is a complete color change for each 2° of change. Widely used as a Stress Handout at health fairs, open house lectures and group training sessions. (If you want to measure the full 40° stress range and see number changes, we recommend the Stress Meter® #ST77.)

## To Test Your Stress



To measure your stress level, peel off the Stress Square and tape it to the fingerprint of your middle finger. Wait 10 seconds and then check color. Check your stress during the day. Relax and see if color heats up. Touch Stress Square to your neck to see color change if your hands are cold.

## COLOR Change Scale

**Black** ..... *Tense*  
**Red** .... *Nervous* 84°  
**Green** ..... **Calm** 87°  
**Blue** ..... **Relaxed** 91°

**Conscious Living Foundation,  
 P.O.BOX 9, DRAIN, OR 97435  
 (503) 836 - 2358 voice or fax  
[www.cliving.org](http://www.cliving.org)**

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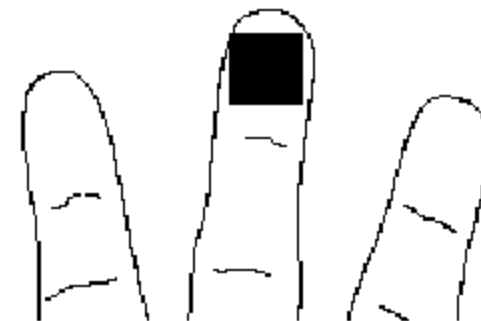
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