

Item: SRS

Stress-O-Meter Calendar Card

1 7/8" (1.875")

3/4" (0.75")

2011																							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
JANUARY					FEBRUARY					MARCH													
					1					1	2	3	4	5					1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12			
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19			
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26			
23	24	25	26	27	28	29	27	28	27	28	29	30	31										
30	31																						
APRIL					MAY					JUNE													
				1	2					1	2	3	4	5					1	2	3	4	
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11			
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18			
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25			
24	25	26	27	28	29	30	29	30	31	26	27	28	29	30									
JULY					AUGUST					SEPTEMBER													
				1	2					1	2	3	4	5					1	2	3	4	
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10			
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17			
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24			
24	25	26	27	28	29	30	28	29	30	31	25	26	27	28	29	30							
31																							
OCTOBER					NOVEMBER					DECEMBER													
				1	2	3					1	2	3	4	5					1	2	3	4
4	5	6	7	8	9	10	6	7	8	9	10	11	12	4	5	6	7	8	9	10			
11	12	13	14	15	16	17	13	14	15	16	17	18	19	11	12	13	14	15	16	17			
18	19	20	21	22	23	24	20	21	22	23	24	25	26	18	19	20	21	22	23	24			
25	26	27	28	29	30	31	27	28	29	30	25	26	27	28	29	30	31						

2010																											
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S							
JANUARY					FEBRUARY					MARCH																	
					1	2	3					1	2	3	4	5	6					1	2	3	4	5	6
4	5	6	7	8	9	10	8	9	10	11	12	13	14	7	8	9	10	11	12	13							
11	12	13	14	15	16	17	15	16	17	18	19	20	21	14	15	16	17	18	19	20							
18	19	20	21	22	23	24	22	23	24	25	26	27	28	21	22	23	24	25	26	27							
25	26	27	28	29	30	31	29	28	29	30	31																
APRIL					MAY					JUNE																	
				1	2	3					1	2	3	4	5					1	2	3	4	5			
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12							
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19							
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26							
25	26	27	28	29	30	23	24	25	26	27	28	29	30	27	28	29	30										
JULY					AUGUST					SEPTEMBER																	
				1	2	3					1	2	3	4	5					1	2	3	4				
4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11							
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18							
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25							
25	26	27	28	29	30	31	29																				

STRESSOMETER

Firmly press the indicator between your thumb and forefinger for 15 seconds. Match the indicator color with the levels of stress shown below.



PRESS HERE



CALM



NORMAL



SOME TENSION



TENSE

- Helpful hints to reduce stress:
- Breathe deeply, exhaling slowly as you relax your body. Repeat 5 times.
 - Take brief 30 second breaks, closing your eyes, and counting backwards from ten to zero. Imagine your worries shrinking in importance as you count down.
 - Ease the tension in your neck by pushing your head as far back as possible, then bringing it forward to touch your chest. Next roll your head to the right shoulder, and then to the left shoulder.