

# Stress Card

Item Code: AiO-STRDV-BackOption2

**Imprint Area:** 3.125" x 1.87"



## Stress-O-Meter™

Tense

Some Tension

Normal

Calm



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

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.

### Disclaimer

This proof is primarily used to display imprint size and location only. Color proofs are not a guaranteed representation of actual imprint color and product.

PMS matching not available on Full Color (VibraColor)/ 4-Color process artwork. PMS Colors shown may vary based on computer monitored used.

If PMS color is not noted on order, standard ink color will be used Standard Ink Color Chart.

PMS Color Match cannot be guaranteed to match, only as close as possible, particularly on dark color items or stainless steel.