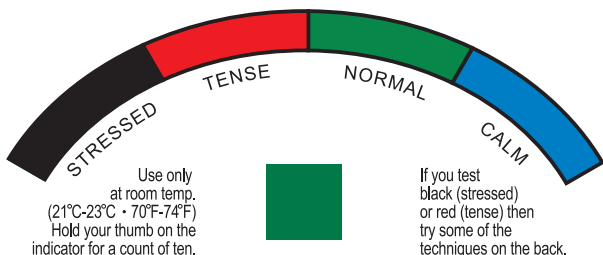


sensea



HOW TO USE YOUR THERMO STRESS CARD*

When stressed, your blood is drawn inward causing cold hands, and the card will register black. If so, try one of these relaxation techniques until card turns blue (warm hands):

- 1.** Clench your fists tightly for a count of ten. Release and let your whole body go completely limp.
- 2.** Take a full deep breath and hold it for a count of ten. When you exhale, let it out at once, letting your body go completely loose and limp.
- 3.** Breathing normally, let go more and more as you let out each breath, while counting slowly from 20 to 10, one number per breath.
- 4.** Imagine yourself basking in the warm sun on a beach or soaking in a hot tub until you can actually feel warmth come into your hands.

For stress-related habits: When people are tense, they often choose activities such as smoking, eating, drinking alcohol or using drugs to try to relax. Next time you feel the need to do any of these, reach for your card and turn it blue for a more relaxed you.