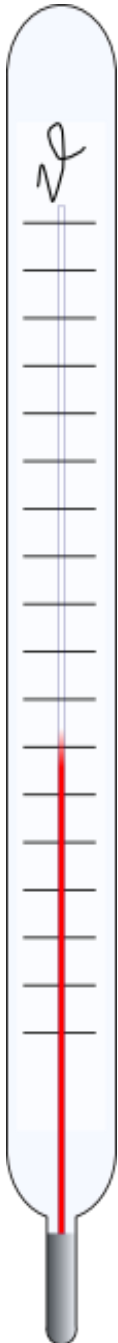




Bear Clan, LLC

Empowering Balanced and Transformative Lives

How high is your stress level?



- ←
- 5** Maximum Stress:
No ability to self-control feelings, thoughts, and behaviors. Can't access planning, values, beliefs, etc.
- ←
- 4** Critical Stress:
On the edge of overwhelmed. Trouble thinking, trouble controlling behavior.
- ←
- 3** High Stress:
Feelings and behaviors are difficult to control but still able to think before acting or speaking.
- ←
- 2** Medium Stress:
All physical and mental functions are relaxed but are ready for peak performance.
- ←
- 1** Low Stress:
All physical and mental functions are so totally relaxed that you're meditating, relaxing, or asleep.