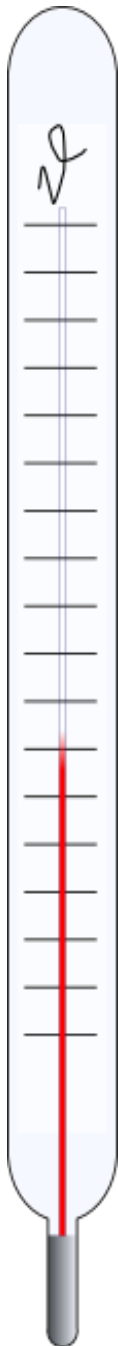




Bear Clan, LLC

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.