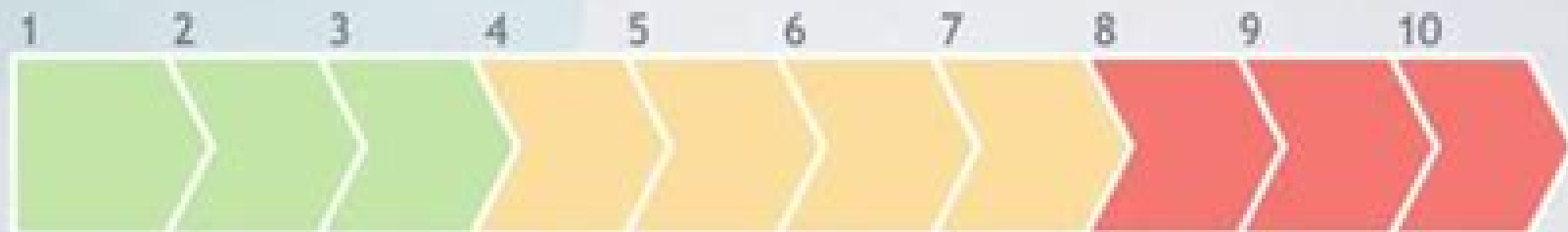


# STRESS LEVEL



## **LOW (1-3)**

The low level of stress in a relaxed state.

## **MODERATE (4-7)**

Moderate level of stress is optimal for maximum performance. Staying in the state for more than 4-8 hours can cause accumulated fatigue and other physical stress symptoms.

## **HIGH (8-10)**

High stress! Changes in behavior and stress reduction are required ASAP.

# Measuring Your Stress Level

**David Baud**



## Measuring Your Stress Level:

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