Get a free Sample Pack of our best-selling handouts. See Page 15 for details.

StressStop
1-800-367-1604

2 Biodots / Stress Kits
3 Stress Balls / Cards
4 Easy-1 Stress Brochures
5 Handouts / Workbooks
6-7 Relaxation CDs
8-9 Instructional DVDs
10 Relaxation DVDs
11 Online Training
12-13 Training/PPTs
14 Military Products

www.StressStop.com
Biodots™

People love Biodots™. They’re fun, they’re inexpensive and they really work. Peel them off the sheet and wear them on the back of your hand to find out who or what is causing you stress. Use them for health fairs, wellness promotions or as a gift. Because the dots stay on your hand for up to 24 hours, you can monitor your stress while it’s actually happening.

Biodot Cards

Now you can get 2 or 3 biodots mounted on a color code card. (No more handing out the dots and cards separately.) Peel them away from the card and wear them just like regular biodots.

<table>
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<td>8½&quot; x 11&quot; color poster</td>
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*For customization, add 5 cents per card minimum order, 500 cards. $25 setup charge.

Biodot Pocket Guide

The Pocket Guide comes with five biodots on an 8-panel card that folds neatly in your wallet, pocket or purse. Open up the card and you’ll learn how to reduce stress using biofeedback, deep breathing, progressive muscle relaxation and visualization.

Price $1.99 each Item BF25

| 10-24 | $1.85 |
| 25-49 | $1.70 |
| 50-99 | $1.60 |
| 100-249 | $1.50 |

Mini-Stress Survival Kit

Here’s a gift with over 50 practical suggestions for how to manage stress. These cards, used by the Mayo Clinic, are chock full of tips you won’t find anywhere else. You’ll find advice like “Change can be stressful, but if life never changed at all, that would be even more stressful”. These cards (there are ten in all) also show you how to take advantage of those little moments during the day when you can practice simple techniques such as deep breathing, mindfulness and reframing to lower stress. Item #SSK3

Insomnia Survival Kit

Want to help your employees lower stress, be more productive, communicate better, reduce accidents and lower absenteeism? Help them get a good night’s sleep. Yes that’s right, the upside potential of helping your workforce get over insomnia is enormous. Insomnia is rapidly becoming an American epidemic. This card deck teaches people how to manage their stress and develop good sleep hygiene with the goal of getting a great night’s sleep. Eight different cards describe: how to prepare your room for sleep; relaxation techniques for falling asleep; treatment options for insomnia; how to put yourself back to sleep; how to wake up refreshed every morning and more. Item #SSK9

Laughing at Stress Kit

Want to bring humor into your workplace? Do you want to brighten someone else’s day? These inspiring giveaways not only help people laugh more, they teach people why they need to laugh more. Understanding the therapeutic benefits of humor, plus some easy ways to initiate it, (even on a bad day) makes these cards a valuable gift that employees and clients will want to keep and refer back to. Each envelope contains eight cards. Item #SSK6

Depression Awareness Kit

Similar in design to the survival kits above, this simple yet elegant giveaway, with eight cards enclosed gives people helpful advice on how to recognize the difference between occasional blue moods and an actual episode of depression. It also explains different treatment options, types of therapy as well as integrative approaches for tackling depression such as exercise, diet, yoga and mindfulness. Item #SSK8

Request a Free Sample!

www.StressStop.com/ freesamplepack

Or See Page 15

www.StressStop.com 1-800-367-1604

All Kits $1.95

| 10-24 | $1.85 |
| 25-99 | $1.75 |
| 100-249 | $1.59 |
| 250-499 | $1.39 |
| 500-999 | $1.25 |
| 1000-2499 | $1.09 |
| 2500+ | Call |

Customization info on page 15
The Stress Testing Card
Say goodbye to ugly stress testing cards. Our cards are beautiful with or without your logo on it. Just like a plastic credit card, this stress testing card goes neatly in your wallet or purse. A heat sensitive circle on the card changes color to tell you whether you are relaxed or tense. Great for health fairs, health promotion campaigns, and as a reasonably-priced incentive. 500 minimum order for customization. Choose from Item #BF3A (Mountain) or Item #BF3C (Sunset). Price $1.95 each.

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Discount Stress Testing Card
Just like a business card, this stress testing card is printed on paper-based card stock with your name and logo. Item #BF3D (Sunset) $0.99 each. Item #BF3M (Mountain) $0.99 each. Item #BF3S (Books) $0.99 each.

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Emotional Eating Stress Testing Card
Eating when you’re stressed isn’t good for you. You tend to eat high carb, high fat comfort foods when you’re stressed or unhealthy snack foods with a lot of crunch. To avoid this kind of reflexive response to stress it helps to simply check your stress levels before you eat. If your stress levels are high, the card gives you five ideas for resisting the urge to eat emotionally on the back of the card. Item #BF4 (plastic) Item #BF4P (paper). (See pricing above.)

Design Your Own Stress Testing Card
Want to have the whole front side of the card for your OWN customized design? We can do that. Just send us your logo or photo or other original copy you want on the card and we’ll turn that into your own custom stress testing card! Choose paper or plastic, see pricing above. Add 5 cents per card for customized design; minimum quantity 500. Item #BF3X

Stress Key Chain
Want to find out if you’re stressed while on the go? Like a stress testing card, this key chain has a stress sensor on it that changes color when you hold your thumb on it. A useful promotional item with your name and logo on it that will be in everyone’s pocket. Item #BF5

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Stress Balls with Stress Sensors
ONLY FROM StressStop
Want to know if you’re stressed? Squeeze our new stress ball and you’ll find out. Each one has a heat sensitive stress sensor right on the ball. The heat sensitive material changes colors to indicate your level of stress. For smoking cessation: Sensor helps you get to know your triggers, and keeps your hands busy doing something else. Customizable in quantities of 300 or more. Item #0255-S $1.99 1-299, $1.75 300-399, $1.29 400+. Item #0255-P $1.99 1-299, $1.89 300-399, $1.55 400+. Please specify color: blue, red, purple or green.

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<td>2500+</td>
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Discount Stress Balls
Want to give away a lot of stress balls or hearts and don’t have a big budget? Discount balls and hearts look about the same as our more expensive line but have a slightly thinner skin (which makes them less shiny) and are just a bit less flexible. But the savings are substantial. Choose blue, green, red, orange, pink or yellow. Item #X4 (Ball) Item #X5 (Heart). Price $1.19 each (add 10 cents for heart shape in all quantities)

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Stress Balls
Everybody loves squeezable stress relievers. We now carry a variety of shapes, sizes and colors. 300 piece minimum order for customization.

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<td>550-1100</td>
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Customization info on page 15
Balancing the Stress in Your Life

Most people are torn between their commitment to work and their commitment to family. Since your happiness depends on how well you handle pressures in these two areas, you need to learn how to prioritize your values in order to decrease the difficulty of choosing between the two. This Easy-1™ guide will show you how.

Item #N11

The Stress Factor

Learn about the role of stress in high blood pressure and heart disease. Explains the physiological effects of stress on the body. Why do we react to stress the way we do? What makes stress so hazardous to our cardiovascular health? Explains other related terms such as Type A behavior, eustress and the fight or flight response.

Item #N10

Women’s Stress

New research shows that women experience stress differently from men. One study of factory workers demonstrated that while the men's blood pressure went down at the end of the work day, the women’s blood pressure went up! This brochure explains why and shows women how to deal with their unique pressures.

Item #N8

Stress and Diet

How do you maintain your willpower at the end of a stressful day? How do you keep yourself from bingeing? How can you make healthy choices when the less healthy ones (like ice cream and chocolate) seem so much more appealing? This brochure shows people why managing stress is such a vital part of any diet program, whether they’re trying to count calories, or just eat better.

Item# N13

Practical Stress Management

Many people feel caught in a trap. They know their lives are stressful but they don’t have the time to do anything about it. That’s why we filled this Easy-1™ guide with practical stress management techniques that you can use while on the go from Deep Breathing to Controlling Your Self-talk.

Item #N7

Burnout and Job-stress

Explains the five stages of burnout and demonstrates the personal and organizational factors that lead to burnout. Gives the reader practical suggestions for coping with stress at work so as to avoid burnout altogether.

Item #N9

Preventing Stress Related Dis-ease

Learn how to recognize stress symptoms, like cold hands, dry mouth, sweaty palms, muscle tension and rapid heart rate in the earliest stages before your stress leads to more serious problems such as migraine headaches, insomnia, digestive disorders, high blood pressure and heart disease.

Item #N6

Stress & Tobacco Cessation

The number one reason why people relapse back into smoking is stress. People who quit smoking for good must figure out healthy ways to manage their stress. This brochure is filled with practical suggestions for how to relax on the go and change the behaviors that promote addiction.

Item# N12

MINIMUM BROCHURE ORDER 50 PER ITEM
Mix and match for quantity discounts

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Can be customized with your imprint applied to a label.
$25 set up charge. Add 5¢ per unit. 300 minimum.

Our Customers

The Mayo Clinic • Cleveland Clinic
Johnson & Johnson • Blue Cross & Blue Shield of NC • Highmark
Anthem • Wellmark • Empire • Dow Chemical • The Army • The Navy
The Marines • The Coast Guard
The Air Force • The FBI • Glaxo Smith Kline • Met Life • Over 3000 hospitals

Display Rack

Holds 8 Easy-One brochures
$29.95

Item #X6

www.StressStop.com | 1-800-367-1604
The Stress Profiler
This 16-page stress test answers questions like: Why do I get angry over nothing? How can I reduce my worrying? How can I learn to manage my time better? How can I cope with all the changes in my life? What can I do to relieve my stress? Packed with helpful information, it contains ten sections, each dedicated to a different aspect of stress management. If you score high in the anger section, read up on how to control it. If you have a lot of financial stress, find out what you can do about it. Thus, the advice is tailored to the user’s own needs. NASA bought one of these for every single person at the Kennedy Space Center. Also includes sections on time management, worrying, change, support and resilience.
Price $8.00 each  16 pgs.  Item #WB1
2-5  $6.95  31-50  $3.50  500-999  $1.75
6-10  $5.50  51-99  $3.00  1000-2499  $1.50
11-20  $5.00  100-199  $2.50  2500+  Call
21-30  $4.50  200-499  $1.99

The Stress Profiler: Student Version
The same format as the adult version but rewritten with high school and college-age students in mind. Assesses student-stress in ten areas. Topics include: stress outlets, stress symptoms, anger, worries, time pressure, money issues, resilience, support and control.
Item #WB6 (see prices above)

The Employee Stress Management Handbook
Everyday your employees experience stress at work dealing with angry customers, challenging situations, difficult coworkers, long commutes, work/family conflicts, juggling multiple priorities and figuring out how to manage their time. Ever wished there was something that could teach employees how to handle ALL these issues? Now there is. This 32-page workbook truly is a comprehensive guide to managing stress at work with short one-page articles (and an accompanying workbook page) devoted to all the issues mentioned above as well as easy to read articles and workbook pages on using mindfulness, resilience and cognitive restructuring in the workplace. Price $10.00 each  32 pages  Item #WB14
2-5  $8.00  6-10  $7.00  11-20  $6.00
21-30  $5.00  31-50  $4.00  51-99  $3.50
100-249  $2.99  250-499  $2.50  500-999  $1.99
1000-2000  $1.75  2000+  Call

Stop Stress This Minute
Everything you need to know about managing stress in one fully-illustrated 120 page magazine-style book. Users like this book, because it approaches stress in a very eclectic way. Includes chapters on changing negative self-talk, problem solving, time management, behavioral change, and a simple stress number system that helps you easily track your stress levels throughout your day. Well on its way to becoming a bestseller, the MAYO CLINIC purchased 6000 copies!
Price $9.95  Item #SSTM

The Stress Management Journal
Until you’ve kept a stress journal, you may never know what’s really bothering you. Why? Because we all have a tendency to blame the most obvious causes for our stress when it’s the underlying problems like time pressure, financial pressure, relationship problems that are the true sources of our distress. The Stress Management Journal not only helps you make the connection between obvious and non-obvious causes of stress, it will guide you through a 28 day course of lowering stress by teaching you how to relax and by showing you how to make time for simple pleasures, like reading, light exercise and having fun. Price $10.00 each. 32 pages  Item #WB5
Spanish Version  Item #WB5-S
2-5  $8.00  6-10  $7.00  11-20  $6.00
21-30  $5.00  31-50  $4.00  51-99  $3.50
100-249  $2.99  250-499  $2.50  500-999  $1.99
1000-2000  $1.75  2000+  Call

The Thinking Person’s Stress Management Workbook
Here is a useful, 32-page workbook that helps people change the way they think about stress. Most people blame events and circumstances for their stress never realizing that it’s their thoughts about these events and circumstances that is the true source of their distress. Reversing this tendency with a technique called cognitive restructuring, helps people short circuit stressful emotions, like anger, frustration and anxiety. To quote a recent article in The New York Times: "The one workplace stress-reduction technique that seems to outperform all others is cognitive restructuring."
Price $10.00 each  32 pages  Item #WB2
2-5  $8.00  6-10  $7.00  11-20  $6.00
21-30  $5.00  31-50  $4.00  51-99  $3.50
100-249  $2.99  250-499  $2.50  500-999  $1.99
1000-2000  $1.75  2000+  Call
A Day Away From Stress

Our All-Time Best Seller!

This CD has been purchased by the Army the Marines, NASA, Blue Cross and Blue Shield, Met Life and Dow Chemical and given away by the thousands to employees, patients and personnel. It has been used by soldiers with PTSD, it has been used by hospital patients with chronic pain and it has been used by corporations to teach relaxation skills. Listen to this CD just once and you'll be "hooked" like the reviewer from Ladies Home Journal who wrote: "within minutes I forgot about my anger, I actually felt relaxed. The next night I used the CD again. Once again it did the trick. I was hooked." Combines relaxing music, environmental sounds and five guided relaxation exercises including deep breathing, progressive muscle relaxation and ten to one countdown. Item #CD2  Spanish Version: Item #CD2-S  52 min.

Relaxing Through the Seasons

Let best-selling author, Dr. Joan Borysenko, co-founder of the world famous Mind/Body Clinic in Boston, guide you into a state of deep relaxation. If you have trouble with stress or with stress-related issues such as insomnia, upset stomach, tension headaches, mood swings or anxiety this CD can really help you calm your jangled nerves. Combines relaxing music, environmental sounds and five guided relaxation exercises including conscious breathing, body scan and meditation. Item #CD15  66 min.

Relaxation Tracks

Get sample tracks of all the relaxation CDs above on one disc. Diaphragmatic Breathing from A Day Away From Stress, Meditation and Progressive Muscle Relaxation from Relaxing Through The Seasons, Living in the Moment from The Relaxation CD, the Ten to One Countdown from Just Relax. Item #CD38

Relaxation & Recovery

Summon the healing power of the mind-body connection through the use of music as therapy for the distracted mind. A mind that is whirling around in a stressful malaise can’t focus on the important job of healing the body. Here is an hour of music that comforts the listener in easy going rhythms, elegant harmonies and beautiful melodies just captivating enough to keep the mind focused on the number one goal of promoting deep relaxation. Perfect for personal relaxation, integrative medicine programs and as a gift or incentive for any health promotion campaign. Item #CD16

The Relaxation CD

Let the soothing voice of Dr. Stuart McCalley (of the Yale School of Medicine) guide you into a therapeutic state of deep relaxation. This CD helps you lower stress by reducing distracting thoughts and allowing you to focus on the objective of relaxing fully. Soundtrack includes soothing music, environmental sounds and five guided relaxation exercises including mindfulness, progressive muscle relaxation and autogenic phrases. Item #CD1  60 min

Just Relax

If you like relaxing classical music this is the CD to choose. Includes gorgeous adagios (slow movements) from Bach to Mahler. Dr. Stuart McCalley of the Yale School of Medicine, narrates five guided relaxation exercises over a background of super-relaxing music and environmental sounds including deep breathing, differential relaxation and deep relaxation. Item #CD4  58 min

Overcoming Stress-Related Insomnia

The most common cause of insomnia is stress. Learning how to deal with stress is the key to a good night’s sleep. In Part I of this CD, you’ll learn what you need to do to create a restful environment that is conducive to sleep. After that, (in Part II) it’s lights out as you listen to 25 minutes of soothing narration (mixed with even more soothing music) designed to relax every last muscle, release every last bit of tension and vanquish every last worrisome thought. Within minutes of putting on this CD, you’ll be on your way to a better night’s sleep and a brighter and more vigorous tomorrow. Narrated by Stuart McCalley, M.D., Director, of the Greenwich Hospital Sleep Disorder Center. Item #CD37

Military Version similar to the civilian version but with a special track especially for military personnel. Item #CD35

Acoustic Inspiration

Can you find peace and serenity in a traffic jam? On the subway? When you can’t sleep in the middle of the night? You can if you are listening to Acoustic Inspiration. Grab a pair of headphones and let the gentle, soothing rhythms of composers Chris Theriault and Rich Hommel relax you with a musical massage. Gentle, lifting melodies of two acoustic guitars captivate your senses and blanket your ears in a protective wall of sound that neutralizes anxious thoughts and defuses stressful emotions. Item #CD27  55 min.

All CDs

$16.00 ea.

5-19  $7.95 ea.  100-249  $3.95 ea.
20-49  $5.95 ea.  250-499  $3.50 ea.
50-99  $4.95 ea.  500-999  $3.25 ea.
1000+  $2.99 ea.

Digital Download Prices

100-249  $2.99 ea.  1000+  $0.99 ea.
250-499  $1.99 ea.

Give your clients or employees a special code # and they can download the CDs themselves.
Guided Imagery CDs
Belleruth Naparstek, M.A., LISW, is a nationally recognized innovator in the field of guided imagery. Her guided imagery CDs are used in thousands of hospitals and have sold over 1 million units worldwide.

Relaxation and Wellness

Relaxation and Wellness
This guided imagery CD will help you face any stressful situation, from helping with general anxiety, to promoting feelings of peace, balance and optimism. The images also heighten feelings of love and safety, while increasing serotonin to promote an energized calm. Used for Post-traumatic Stress.
$17.98 Item #CD40

Weight Loss

Weight Loss
This CD (our all-time best selling guided imagery CD) encourages a sense of wonder and appreciation for the body while heightening serotonin to reduce appetite. Empowering and confidence-building, this audio doubled weight loss in a placebo controlled pilot study at Canyon Ranch.
$17.98 Item #CD41

Relieve Stress

Relieve Stress
The first exercise is designed to alleviate anxiety; the second to promote a powerful sense of peace, the third a guided meditation; the fourth, affirmations. (2 CD set)
$19.98 Item #CD17

Healthful Sleep

Healthful Sleep
Create a relaxed feeling of safety and calm; release muscle tension in the body; clear the mind of worry and obsessive thinking.
$17.98 Item #CD24

Digital Download Handouts

Digital Download Handouts
Give AWAY free downloads of our CDs for as little as $0.99 cents each!
We supply you with a set of business-sized cards each with its own unique code. Your gift recipient simply follows the instructions on the card and goes online and obtain their free download. Choose any CD from page 6. Item #D2
100 $3.99 ea. 250 $2.99 ea.
500 $1.99 ea. 1000 $0.99 ea.

Digital Download Handouts with Stress Sensors

Digital Download Handouts with Stress Sensors
This giveaway combines our popular wallet-sized stress card (like a business card) with a unique access code that can be used to download a free audio file. An incredible value. Choose from our most popular relaxation CDs on page 6.
Item #D3
100 $4.49 ea. 250 $3.49 ea.
500 $2.49 ea. 1000 $1.49 ea.

Listen to Audio Samples Online @ StressStop.com

Relaxation-in-a-Box*

Relaxation-in-a-Box*
Relaxation-in-a-box comes with a relaxation CD (A Day Away From Stress, our best seller, see page 6) a hand-held massager (this feels great on your back) a scented eye pillow (lay this over your eyes, you won’t believe how wonderful it feels and smells) the mini stress survival kit (50 tips on how to manage stress) and a stress testing card (hold your thumb on it to find out who or what is bugging you).
Relaxation-in-a-Box without eye pillow
$19.95 ea. Item #GB1
2-5 $17.95 ea. 6-10 $16.95 ea.
51-99 $13.95 ea. 100-199 $12.95 ea.
200-499 $11.95 ea. 500+ $9.95 ea.
(add $3 per unit for eye pillow. Item #GB2)

Sleep-in-a-Box*

Sleep-in-a-Box*
Sleep-in-a-Box includes our newest CD: Overcoming Insomnia (listen to this CD for 15 minutes and it’s lights out; see page 6), a sleep mask, ear plugs and the Insomnia Survival Kit with over 50 simple tips on how to get a good night’s sleep.
Sleep-in-a-Box $19.95 ea. Item #GB4
2-5 $17.95 ea. 6-10 $16.95 ea.
51-99 $13.95 ea. 100-199 $12.95 ea.
200-499 $11.95 ea. 500+ $9.95 ea.

*To prevent damage and save you extra shipping costs, the above boxes are shipped flat and must be assembled upon receipt. If you prefer to have boxes assembled first, call for pricing.

Relaxation Gift Bag

Relaxation Gift Bag
Choose any CD from page 6, plus the plastic Stréss Testing Card from page 3 and the Mini Stress Survival Kit from page 2 all wrapped in a decorative gift bag. $17.95 ea. Item #GB3
11-25 $11.95 ea. 26-50 $10.95 ea.
51-99 $9.95 ea. 100-199 $8.95 ea.
200-499 $7.95 ea. 500+ $5.95 ea.

Call Us: 1-800-367-1604
Laughing at Stress
Let PBS star Loretta LaRoche teach your audience how to replace stress with joy. They’ll learn how to laugh at themselves, appreciate each moment and begin to see the humor in stressful situations. Loretta’s uncanny ability to point out the irrational ways that people react to stress will get your audience laughing while they learn about the therapeutic power of good humor.
Price $49 each  23 min.  Item #RX12
2-5  $35.00 ea.  6-10  $29.00 ea.  11-25  $19.00 ea.
26-50  $17.00 ea.  51-99  $15.00 ea.  100+  call

Metabolic Syndrome
Learn about the silent killer that can lead to heart disease and diabetes. Metabolic syndrome affects over 40 million people in this country. This syndrome is defined by having moderately high blood pressure and cholesterol levels and a slightly bulging waistline. Taken individually these three indicators (and certain other tell-tale signs like blood sugar levels) don’t always raise any red flags. But research has shown, that when examined as a group, these moderately high levels are a surefire indicator of future health problems. The good news is that metabolic syndrome is a warning sign that comes up early enough to take preventive measures that can stave off future health problems.
Price $49 each  10 minutes.  Item #RX26
2-5  $35.00 ea.  6-10  $29.00 ea.  11-25  $19.00 ea.
26-50  $17.00 ea.  51-99  $15.00 ea.  100+  call

Balancing the Stress of Life
In a series of dramatic vignettes, a single woman, a divorced father, and a young working mother try to achieve work-life balance while juggling the sometimes conflicting demands of their jobs and their families. With “excellent acting” (Training Media Review) and sage advice from the narrator, your audience will learn simple techniques for reducing stress that can be used anywhere.
Price $49 each  20 min.  Item #RX14
2-5  $35.00 ea.  6-10  $29.00 ea.  11-25  $19.00 ea.
26-50  $17.00 ea.  51-99  $15.00 ea.  100+  call

For individual use only:
The Nature Of Sleep
NEW!
If you ever have trouble falling asleep or lay awake in the middle of the night this DVD can help. Beautiful images of nature, soothing music and the calming voice of world-renowned sleep expert, Dr. Rubin Naiman will guide you into a deeply relaxed state. This DVD helps you let go of your stressful day and drift into a restful night’s sleep without any effort, without any pills and without any lingering side effects the next day!
$19.95 ea.  Item #RX14
2-10  $15.95 ea.  11-25  $12.95 ea.  26-100  $9.95 ea.
101-250  $7.95 ea.  251-500  $5.95 ea.  501-999  $4.95 ea.
1000+  Call

Short Circuiting Stress
Most people believe that stress is the result of external events they can’t control like a traffic jam or a flat tire. They never realize that their thoughts about these events (and not the events themselves) are the true source of their stress. With show-stealing scenes from the classic film IT’S A WONDERFUL LIFE, this video teaches people how to dispute their negative thoughts and faulty Beliefs in order to short-circuit the process that leads to stress. Uses the Albert Ellis equation A+B=C (The Activating event plus Belief equals the Consequence) to help people understand how a stressful event unfolds. Hosted by Robert Eliot, M.D. Dr. Eliot has appeared on Good Morning America, ABC’s 20/20 and PBS.
Price $49 each  24 minutes  Item #RX16
2-5  $35.00 ea.  6-10  $29.00 ea.  11-25  $19.00 ea.
26-50  $17.00 ea.  51-99  $15.00 ea.  100+  call

Well, Well, Well...
Is it possible to create a comedy about the subject of wellness? It is if you’ve got three unhealthy characters like Jose, Latisha and Bill working for a company that sells health & wellness products. They’ve been given the assignment of organizing the annual company picnic. Jose, whose diet is atrocious, is put in charge of the food. Bill, who has never exercised a day in his life, is put in charge of the activities and the “fun run.” Latisha, who is so disorganized and stressed that she has trouble sleeping, is given the job of coordinating the whole event. Their bumbling attempts at tackling their illbegotten assignments is a formula for comedy until a magical character named “Auntie B” comes along and teaches them what they need to know about nutrition, exercise and stress management.
Price $49  23 minutes  Item #RX6
2-5  $35.00 ea.  6-10  $29.00 ea.  11-25  $19.00 ea.
26-50  $17.00 ea.  51-99  $15.00 ea.  100+  call

Why is this video so much LESS expensive?
This video is not for training purposes; it’s for individual use only. All other videos in this catalog include public performance rights, can be used for training and can be licensed for use on a CC-TV channel or streamed on your website. Individual use only videos cannot. But you CAN give this to employees to use on their own.

Questions?  Call 1-800-367-1604
Preview All Our Videos Online at www.StressStop.com
Recognizing Stress
If you are like most people, you probably fail to see the connection between your stress and the onset of stress-related health problems like recurrent colds, high blood pressure, mood disorders and chronic pain. But after you watch the four people in this video describe their stress you will begin to make this connection. A real eye-opener for anyone who thinks they have their stress under control.

Price $149. 15 min. Item #RX18

Managing Stress
Arguments, always running late, not sleeping well, credit card debt, difficult coworkers; these are just a few of the many sources of stress identified in this program. Learn how to tackle real life stressors by following four simple steps for managing stress: 1. Identify the source of your stress. 2. Eliminate or avoid stress whenever possible. 3. Rethink the stress you can’t eliminate. 4. Cope with the stress you can’t rethink. Identify, eliminate, rethink and cope. Demonstrates how these four simple, yet practical strategies work in a variety of real-life situations.

Price $149. 15 min. Item #RX19

Resilience: Mastering Stress
This DVD teaches you how to take your stress in stride using simple strategies like learning how to bounce back from adversity, staying flexible, setting realistic goals, living life according to your highest values, and seeing setbacks as only temporary. These skills and others form the building blocks of resilience. Lots of real life situations challenge the people in this film to learn how to practice their resilience over stress.

Price $149. 15 min. Item #RX20

Yoga @ Work
Stretch away your stress without leaving your desk. Yoga instructor Michele Elliman teaches viewers how to practice yoga at work. Includes many simple postures they can do in normal work clothes, right at their desk or work-station.

Price $149. 20 min. Item #RX22

Stress and Emotional Eating
Is stress fattening? Over-eating can cause you to feel stressed and stress can cause you to overeat. By recognizing emotional eating for what it is (a misguided attempt to nurture ourselves and manage stress) and by learning how to truly nurture ourselves - we can begin to modify our habitual pattern of heading to the kitchen after any emotional upset. This video offers seven strategies for how to avoid emotional eating including: keeping a mood/food journal, using rewards other than food and eating and cooking mindfully.

Price $149. 15 min. Item #RX21

5-Part Stress Management Series
$595 Item #RX23

For bulk pricing CALL 1-800-367-1604

Emotional Intelligence

Understanding Emotional Intelligence
Learn three basic strategies for handling stress with emotional intelligence: 1. Become aware of your emotions. 2. Self-regulate your emotions. 3. Recognize and empathize with the emotions in others. This short, tightly-scripted film uses actors and real-life scenarios in the workplace to illustrate each point. Makes the perfect introduction to using Emotional Intelligence AT WORK and the science behind WHY it is so effective.

$195 Item #RX25

Demonstrating Emotional Intelligence
Learn the subtle art of reading facial expressions and understand how our emotions are passed from one person to another almost like the common cold. Learn how “feel-good” chemicals like oxytocin and dopamine get released in the brain to help promote empathy and build rapport in the workplace. A good film for applying the basics of both emotional and social intelligence into the real-life world of work.

$195 Item #RX26

Emotional Intelligence & Optimal Performance
Most people don’t understand that a certain amount of stress is necessary for optimal performance. Knowing the right amount for you is one of the five keys to staying highly motivated and engaged. Other strategies include learning how to control overly negative thinking (like worry), learning how to recover quickly from an emotional episode (like anger), and learning how to handle disturbing emotions in the workplace (like frustration and sadness) both in yourself and in others.

$195 Item #RX27

Emotional Intelligence Series (All 3 Discs): $595 Item #RX30

The Stress Management Series with David Katz, M.D.
David L. Katz MD, MPH, FACPM, FACP is Director of Yale University’s Prevention Research Center and is director of the Integrative Medicine Center at Griffin Hospital in Derby, CT. Dr. Katz has appeared on Good Morning America, 20/20, and World News Tonight and writes a monthly column for Oprah Magazine.
A Day Away From Stress
Our best-selling program ever, this video takes the
viewer on a relaxing voyage through a gorgeous
day, from sunrise to sunset. Waterfalls, meadows
and babbling brooks will leave your audience
in a state of deep relaxation. Exercises include
diaphragmatic breathing, scanning and progres-
sive relaxation. Narration by Stuart McCalley, M.D.,
Assistant Clinical Professor, Yale University School
of Medicine.
Price $99 each 27 min. Item #RX2
(For Hospital CC-TV or on-demand systems add $100 3-year licensing fee)

A Day Away From Stress - Abbreviated Version
Add a relaxation break to meetings & seminars. Features breathing &
prog. relaxation.
Price $49 each 12 min. Item #RX2A
(For Hospital CC-TV or on-demand systems add $100 3-year licensing fee)

Just Relax
Takes the viewer to scenic destinations across
the U.S. From sunrise over the Chesapeake Bay
to sunset over Big Sur, this video will help you
unwind. Adagios from Bach, Mahler and Dvorak
contribute to a state of deep relaxation. Exercises
include differential relaxation, controlling your self-
talk and conscious breathing. Narration by Stuart
McCallay, M.D.
Price $49 each 29 min. Item #RX4
(For Hospital CC-TV or on-demand systems add $100 3-year licensing fee)

The Perfect Day
No one has been making relaxation videos longer
than we have. We made our first one in 1984. Over
the years the effectiveness of our programs has
been studied by major universities (like Columbia
University) and used by premier institutions like
the Mayo Clinic, MD Anderson Cancer Center and
The New York Presbyterian Hospital over their
closed circuit TV systems. Now we've created
THE PERFECT DAY with exquisite nature cinematography and relaxing
music by our favorite composer, Chris Theriault. For those of you who
have been requesting a relaxation tape with no narration, consider
your wish granted.
Price $49 each 60 minutes Item #RX 15
(For Hospital CC-TV or on-demand systems add $100 3-year licensing fee)

Autumn Journal
It's the perfect autumn day. And to top it all off,
you've got the perfect musical soundtrack to
accompany this magnificent view in front of you.
Now you know just part of what you’ll experience
when you watch Autumn Journal.
Price $49 each 60 minutes Item #RX 17
(For Hospital CC-TV or on-demand systems add $100 3-year licensing fee)
Put these products on YOUR website

MyStressTools

Our new web portal delivers dozens of different stress management tools right to the desktop of every worker in your organization for as little as 50 cents per person per YEAR! My Stress Tools includes the Stress Profiler, The Stress Management Journal, all our relaxation CDs, most of our Training DVDs, two-minute yoga breaks you can take right at your desk, as well as webinars and podcasts with well known authors in the field like Dr. Daniel Goleman, Dr. Joan Borysenko and Dr. Dan Siegel. After taking the online profiler, your employees will be motivated by their own individual scores to go back to the web portal again and again to follow the recommendations they get based on those scores. Plus we can supply aggregate reports about stress levels and general usage. Call to ask about single sign-on and easy group registration. 1 year license (per person): Item #OT1

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Take a 3 minute tour right now at www.mystresstools.com

Stop Stress This Minute Online

Just about everything you need to know about managing stress is covered in this comprehensive eight-week online course. Based on the WELCOA best-selling book, STOP STRESS THIS MINUTE, this self-directed course is packed with helpful hints, homework assignments and useful information. Follows the book, chapter by chapter, and includes sessions on changing negative self-talk, problem solving, time management, behavior change, self-regulating your nervous system plus a simple system that helps you easily monitor and track your stress levels throughout the day. Whether you want to train yourself, or train others, this online offering is a great way to raise your understanding of stress management to a whole new level! Online Course $50 per person: Item #OT3

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The Stress Management Series Online with David Katz, M.D.

A video-on-demand series based on our “Stress Management Series” of videos with Dr. David Katz, described on page 9. Interactive, with built-in Q&A, these training sessions are short and to the point. Each one takes between 15-20 minutes to complete and you get a certificate of completion when you finish. Price includes full access for 60 days. Bulk employer discounts available call 800-367-1604 for more information.

Recognizing Stress

Through easy to understand examples and instructions, this training shows the viewer how to minimize the damage of stress by learning to recognize stress symptoms when they first appear. Most people manage their stress through “counter-productive coping” which includes smoking, drinking, over-eating, over-spending and engaging in high-risk behaviors. By teaching people to recognize these tendencies, this video provides the viewer productive coping techniques to properly manage all kind of stress.

Managing Stress

This program’s five steps for managing stress include identifying what causes stress, eliminating stress, rethinking stress, coping with stress, and seeking support. In the section on identifying stress viewers are encouraged to recognize their personal top ten causes of stress. Once the causes of stress have been identified, the next four steps provide useful ways to manage it.

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Mastering Stress

Through a discussion of problem solving skills and stress relief techniques, the viewer is given examples detailing ways to bounce back after being overwhelmed by stressful events. Four management steps are provided: responsibility, flexibility, adaptability, and accepting change. Each step is explained through real-life scenarios at work and at home. With these five easy steps, the training allows the viewer to gain a personal understanding of how to function with stress and how to overcome it.

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Call 1-800-367-1604 or visit www.StressStop.com for more information
The ABC’s of Cognitive Restructuring (training kit)

Now you can teach people how to control stress internally with a simple psychological technique called cognitive restructuring. Most people don’t realize that their thinking is a key cause of stress. They blame external factors (like a traffic jam) not realizing it’s their thinking about these events that is the true cause of most stress. Complete package includes: Leader’s Guide • PowerPoint Presentation • Reproducible handouts • Short Circuiting Stress & Managing Stress (see p. 8 & 9) • Thinking Person’s Stress Workbook (see p. 5 for info).

Package Price $299 Item #TK2 (Preview Free)
Package without Videos $149 Item #TK2A

Wellness Works! (training kit)

Help people start feeling better now, by giving them practical suggestions they can easily incorporate into their daily lives. Each PowerPoint program below is one hour long and can be presented singly or as part of a series.

Part I: Nutrition shows how to eat right all the time: by counting calories, limiting portions and eating the proper balance of proteins, carbohydrates and fat. Also covers antioxidants, omega-3 fatty acids, trans fats and how to read a nutrition label.

Part II: Stress Management tells how to manage stress mentally by avoiding negative self-talk, disputing irrational thoughts, and learning how to cope with anger, depression and frustration.

Part III: Exercise One half hour per day of light exercise provides almost the same cardio-vascular benefit as more vigorous exercise. Light exercise includes walking the dog, dancing, bowling, gardening and vacuuming. Now there’s no excuse NOT to exercise and this program conveys that message loud and clear.

Part IV: Wellness is a condensed 1-hour version of the above three topics all rolled into one. Can be used as a review or as an introduction to the topic of wellness.

Total Package Includes:
- 3 Ring binder with complete text, outline and hard copy of your presentation.
- 1 PowerPoint CD with four one-hour presentations.
- 17 Handouts about exercise, stress, nutrition and wellness designed to be photocopied.
- 2 Training Videos Well, Well, Well and Resilience: Mastering Stress (See pages 8-9)
- 1 Fat & Calorie Counter Booklet. Calorie & fat counts for foods. The Calorie Calendar & The Stress Calendar.
- 25 Biodot Pocket Guides. An eight-panelled pocket guide with five biodots. (see page 2.)

Price $499 Item# TK4X

Emotional Intelligence (training kit)

Get our three-part Emotional Intelligence Series (see page 9) along with everything you need to put on up to three hours of training on emotional intelligence, including full PowerPoint, handouts and DVDs. Covers a broad range of related topics from learning how to read subtle facial expressions, to understanding how our interactions release feel good chemicals in the brain like dopamine and serotonin to learning how to self-regulate difficult emotional states.

Whether you just want to introduce this topic in one short lunch and learn, or create a three part series or even create up to a half day of training, with this training package, the choice is up to you.

Price $795 Item# TK15

The Seven Steps to Stress Mastery (training kit)

ALL Updated! Now in PowerPoint.

Everything you need to begin teaching up to four programs on stress management comes with this kit. You can present them individually or as part of a series, or in one day. Each module covers a different aspect of stress management, from introductory level information about the fight or flight response, to more advanced information about cognitive restructuring. Module One shows what stress is and why you need to manage it. Module Two demonstrates seven physical techniques for erasing stress, such as deep breathing and progressive muscle relaxation. Module Three explains five mental (cognitive) techniques for short-circuiting stress like avoiding the blame game and eliminating negative self-talk. Module Four teaches people how to make stress management and time management a habit. Total Package includes:

- 3 Ring Binder with complete text, PowerPoint CD, and Reproducible Handouts.
- 2 DVDs: Recognizing Stress and A Day Away From Stress Abbreviated.
- 100 BioDots
- 1 CD: Just Relax.
- 1 Stress Profiler (see p. 5 for details)

Price $399 Item #BK19

www.StressStop.com     |     1-800-367-1604
The Stress Free Diet

Not really a diet, but a healthy lifestyle plan to get people eating right and thinking right about eating. Helps them understand how stress and emotional eating can sabotage a diet. Emphasizes portion control, regular exercise, eating a balance of complex carbohydrates, (which includes 5-9 fruits and vegetables a day) protein and healthy fats (such as olive oil and canola oil). Also promotes balancing the calories you burn with the calories you consume. Includes PowerPoint CD and complete transcript of presentation.

Price $149. Item #TK8
Or download this right now at our website for $99

Mindfulness: An Introduction

Find out why mindfulness is being heralded as the new answer to stress. This approach to managing the stress in your life involves living in the moment, accepting what is, not getting overly attached to the outcome of your work and focusing more on enjoying the process. (also known as flow). If you’re like most people, you go through life mindlessly: your attention is split in too many directions. Mindfulness teaches you how to turn your full attention in ONE direction. And when you do this, you’ll see that the benefits include working more efficiently, feeling less distracted, more content and less angry. Everything you need to teach a class on Mindfulness is included in this package. Includes PowerPoint CD and complete transcript of presentation.

Price $149 Item #TK12
Or download this right now at our website for $99

Job Stress

78% of workers describe their job as stressful and 27% say it’s extremely stressful. Stress-related liability claims are on the rise, nationwide. And most companies don’t even give lip-service to this subject even though it’s often rated the number one problem in most organizational surveys. Here’s a practical approach that doesn’t blame the worker or management. Teaches employees that they need to find just the right level of stress in their work-life, not a life completely free of stress. Includes PowerPoint CD and complete transcript of presentation.

Price $149. Item #TK6
Or download this right now at our website for $99

Anger Management and Assertiveness

How do you express your anger at work in a productive, non-threatening way? Here’s the simple three-step method taught in this program: 1. Use cognitive techniques to short-circuit anger that’s the result of irrational thinking. 2. Use communication and assertiveness skills to discuss issues without exaggeration or overgeneralization. 3. Use stress management techniques to cope with any excess emotional energy. Includes stress management techniques to cope with any excess emotional energy. Includes PowerPoint CD and complete transcript of presentation.

Price $149 Item #TK9
Or download this right now at our website for $99

Burnout

Most trainers are afraid to even mention this subject, let alone offer a program on it. As a result, burnout runs rampant in organizations all over the U.S. (Not so in Europe, where the subjects of burnout and job stress are readily addressed.) This program identifies the tell-tale signs of burnout, the five main causes of burnout, and a variety of steps a worker can take to avoid burnout. Includes PowerPoint CD and complete transcript of presentation.

Price $149 Item #TK7
Or download this right now at our website for $99

Stress, Humor, Burnout & Balance

Over one hundred reproducible one-page articles on stress, humor, burnout and balance. Chock full of articles and interactive worksheets that make learning fun. Perfect if you want to find just the right handout for your wellness presentation on stress and other stress-related topics like violence in the workplace, humor in the workplace, and work-life balance. Make as many copies of these informative articles as you wish. Stop spending hours looking for handouts. It’s all right here.

Price $99.95 100 pgs. Item #R3
Also available in individual subject packs of 20, see HANDOUTS online at www.StressStop.com

What does fully reproducible mean?

The articles and illustrations in this unbound notebook are designed to be photocopied, in essence making your copies look like originals. You pay a bit more per page for this notebook, but that gives you the right to make as many copies as you wish. You can even incorporate these pages into your own internal publications!
A Day Away From Stress CD
This relaxation CD helped Randolph AFB win a best practice award for their Deployment Kits. Camp Pendleton Marine Corp Base purchased 10,000 for Marines returning from overseas. Has been used for soldiers with PTSD and anyone with stress.

Price $16.00 ea. Item #CD2
- 5-19 $7.95 ea.
- 20-49 $5.95 ea.
- 50-99 $4.95 ea.
- 100-249 $3.95 ea.
- 500-999 $3.25 ea.
- 1000+ $2.99 ea.

Overcoming Stress-Related Insomnia
Insomnia is a growing problem in the military and this special relaxation CD hopes to contribute to the solution. Not only does this CD include information on how to get a better night’s sleep, it includes a relaxation section that will let even the most restless soldier fall asleep easily. If you want a better night’s sleep, just start it on track 5 and play it right to the end. There’s a series of relaxation exercises that follows the sleep hygiene section, narrated by Yale Medical School Doctor Stuart McCalley that will knock you right out. Already in use in dozens of military bases across the US.

Price $16.00 ea. Item #CD35
- 5-19 $7.95 ea.
- 20-49 $5.95 ea.
- 50-99 $4.95 ea.
- 100-249 $3.95 ea.
- 250-499 $3.50 ea.
- 500-999 $3.25 ea.
- 1000+ $2.99 ea.

Stress Profiler, Workbook, Military Version
This product, a favorite of the Coast Guard, now comes in a version just for military folks with sections on resilience, PTSD and Trauma. We still recommend the regular version for civilians and family.

Price $8.00 ea. Item #WB15
- 11-20 $5.00 ea.
- 31-50 $3.50 ea.
- 21-30 $4.50 ea.
- 100-199 $2.50 ea.
- 500-999 $1.75 ea.
- 1000+ $1.50 ea.

Rest and Relax DVD
Here’s a relaxing DVD that teaches soldiers how to relax. They’ll like watching the calming imagery and listening to the soothing music. Then they’ll follow along as the narrator teaches them standard relaxation techniques like deep breathing and progressive muscle relaxation.

Price $19.95 ea. Item #RR
- 10-25 $15.95 ea.
- 26-49 $12.95 ea.
- 50-99 $11.95 ea.
- 100-249 $10.95 ea.
- 250-499 $9.95 ea.
- 500-999 $8.95 ea.
- 1000+ $7.95 ea.

Stress Testing Card
Great to give out as a reminder to relax and to raise awareness about managing stress. Can be imprinted with your logo, phone number, etc. Often used to give out the number of say, a rehab program available on a particular base.

Price $1.95 ea. Item #BF3-C
- 300-499 $0.99 ea.
- 500-999 $0.89 ea.
- 1000+ $0.85 ea.

Or choose your own photo for the background on card.

Resilient Soldier Stress Survival Kit
Choose either CD, A Day Away From Stress or Overcoming Insomnia and we’ll seal it in a poly bag with The Stress Profiler, the Trauma Survival kit and stress testing card. Help soldiers cope with stress and prevent PTSD.

Price $19.95 Item #SSK11
- 10-25 $15.00 ea.
- 51-99 $11.50 ea.
- 250-499 $9.50 ea.
- 1000-2499 $7.50 ea.
- 5000 $6.50 ea.

*See the bottom of page 8 for details.
StressStop Order Form

Ship To:

Name:

Department/title:

Organization:

Address:

City: State: Zip:

Phone: E-mail:

Bill To: (if different from above)

Organization:

Attn:

Address:

City: State: Zip:

Method of Payment:

___ Credit Card ___ Purchase Order ___ Check/Money Order

Name on Credit Card:

Credit Card Number:

Expiration Date: Security Code:

Purchase Order Number:

Check or Money order in US funds made payable to: StressStop

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Order Subtotal

Shipping & Handling

Imprint and/or Rush Charges

Connecticut residents add 6.35% Tax

Grand Total

PLACE AN ORDER

by phone: 1-800-367-1604
Monday thru Friday 9AM-5PM EST

by fax: 1-203-866-3421

by mail: StressStop 50 Crooked Trail Norwalk, CT 06853

online: www.StressStop.com
24 hours a day, 7 days a week

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We will be happy to send you a FREE sample pack of our 5 best-selling products including the Stress Profiler, The Stress Management Journal, biodots, 2 EZ-1 trifold brochures, a stress testing card and the Mini Stress Survival Kit. Just go to: www.stressstop.com/freesamplepack and tell us where to send it or call.

Free trial of MY STRESS TOOLS
Get a FREE 1 month trial of our online stress resource, My Stress Tools. This online site will give you access to almost our full line of products, including the Stress Profiler, relaxation CDs, podcasts, instructional DVDs, webinars and much more. For more information, please watch our product video at http://mystresstools.com/product-tour.aspx. Organizations with 500 employees or more only. Call for more information.

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You can preview sections of ALL our videos and audios online at our website. Just go to the products page and find the product you wish to preview. Certain videos have full length previews which we can email to you. Call for more information.

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$301-400...........$15
$401-500...........$20
$500-600...........$30
$601-700...........$35
$701-800...........$40
$801-900...........$45
$901-1000.........$50
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For Overnight shipping, call 1-800-367-1604.

CUSTOMIZATION
Most of the items on pages 2 through 7 can be customized. The products on page 3 can be custom-
ized at no extra (per-unit) charge. See minimum order; $50. setup fee. Call for art specifications, or see our website. For the items on pages 2, 4, 6, 7 add 10 cents per item plus a $25 set-up fee. Products on pages 2 & 4 are customized with a clear label affixed to a special box on the product. The print area for these labels is 1” by 2 ¾”. The biodot cards are the only exception to this rule. They are custom printed right on the card (500 card minimum $25, setup, 5 cents extra per card.) CDs on page 6 can be customized in quantities of 250 or more. Call for more information or go to our website. Send camera-ready art to Erica@stressstop.com.

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ADD ALL THESE Resources to YOUR WEBSITE with single sign on and Aggregate USER reports.

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www.MyStressTools.com
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