

Your Stress Profile - Su perfil de estrés

Your Stress Profile (Su perfil de estrés) is an easy-to-use, research-based resource for Fairs or Malls or as a before-and-after evaluation at a stress reduction series. The program motivates participants to evaluate their lifestyle in relation to stress. People become aware of how they are coping with stress, how to recognize the effects of stress, how to lower the harmful effects of stress, and how to lower stress.

The assessment is based on a study by the National Center for Health Statistics that found six indicators of stress. The software calculates scores for each of the six indicators of stress and an overall score. Participants complete the questionnaire either onscreen or on paper, and someone enters the data into the computer. Each participant's scores can be printed to the screen or onto a report that gives a recommended range and the research scores. The screen report and the printed report include skills to and offer tips for lowering stress. *Spanish forms can be printed from the CD.*

The assessment, recommendations, and follow-up PowerPoint® presentation cover the six indicators of stress.

Topics:

- ◆ Health concern and worry
- ◆ Energy level
- ◆ Satisfying and interesting life
- ◆ Cheerful v. depressed mood
- ◆ Relaxed v. tense
- ◆ Emotional control and stability

Each Package includes:

- ◆ Software program to enter info, compute, print reports, create group report
- ◆ Interactive program on-screen questionnaire and report - no paper required
- ◆ User Manual: instructions, speaker notes, ideas, promotional materials
- ◆ PowerPoint® presentation supports research and report

System requirements:

Microsoft Windows 95 or higher

- To view or print slides: viewer included - *no additional software needed*
- LCD projector is needed to show the presentation to large groups
- A printing device to print personalized reports

Titles in the Community Health Assessment Series:

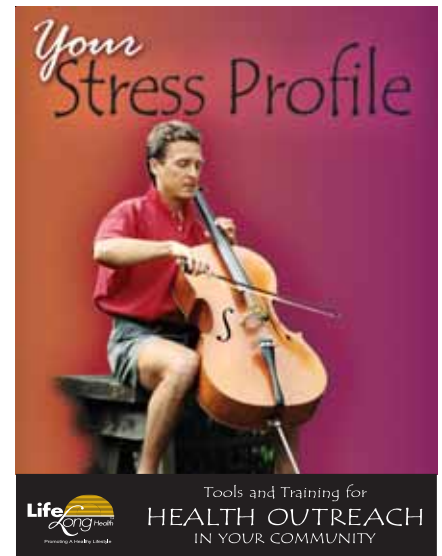
- ◆ Your Health Age (La edad de su salud)
- ◆ Your Stress Profile (Su perfil de estrés)
- ◆ Your Coronary Risk (Su riesgo de cardiopatía)
- ◆ How Healthy is Your Lifestyle?
- ◆ ¿Qué tan saludable es su modo de vida?
- ◆ Healthy Foods Index

About LifeLong Health

LifeLong Health is a registered product line of health resources for community outreach offered by Wellsource, Inc., a leader in corporate health assessment and prevention systems for 20 years. The LifeLong Health® product line is based on current evidence-based scientific research, and is designed for volunteer health leaders to use as effective lifestyle improvement facilitators. Products include ready-to-use health assessment software, health presentations, and attractive printed materials. Each resource is based on population research and offers common sense, applicable recommendations.

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Manual & CD: AS2020

100 Questionnaires & 100 Reports: AS2021

*English and Spanish!
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