

HOW STRESSED ARE YOU?

Stress can lead to a heart attack or stroke. It can also cause heart disease, high blood pressure, insomnia, migraines and headaches, anxiety and depression. Some health experts say that 90% of disease is related to stress! Take this quick quiz to see where you experience stress. Then learn how to reduce stress once and for all at an ESCAPE: The BeautiControl Spa Experience!

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| <p>1. ARE YOU UNABLE TO TAKE AT LEAST 30 MINUTES OUT OF EACH DAY TO DO SOMETHING POSITIVE FOR YOURSELF: EXERCISE? MEDITATION? READING? A HOBBY?</p> <p>Yes No</p> | <p>3. ARE YOU IRRITABLE MOST DAYS?</p> <p>Yes No</p> |
| <p>2. ARE YOU TOO BUSY TO EXERCISE REGULARLY, AT LEAST THREE DAYS A WEEK?</p> <p>Yes No</p> | <p>4. DOES YOUR LIFE FEEL OUT OF BALANCE? NOT ENOUGH "YOU" TIME?</p> <p>Yes No</p> |
| | <p>5. DO YOU HAVE A DIFFICULT TIME DELEGATING, FEELING LIKE YOU HAVE TO DO EVERYTHING YOURSELF?</p> <p>Yes No</p> |



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