

Monday May 16, 2016

The Stress Management Test...

Here's a quick test to determine your stress level. Read the following description completely before looking at the picture.

The picture below was used in a case study on stress levels at St. Mary's Hospital. **Look at both dolphins jumping out of the water. The dolphins are identical.** A closely monitored, scientific study revealed that, in spite of the fact that the dolphins are identical, a person under stress would find differences between the two dolphins.

The more differences a person finds between the dolphins, the more stress that person is experiencing.

Look at the photograph, and if you find more than one or two differences, you may want to take a vacation or at least get a massage 😊😊!

Click to see the picture!

Source: By Caroline Latham on <http://sharpbrains.com/blog/2007/03/18/brain-teaser-for-stress/>