

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/>