

**S**everal people have recently been selected as part of a market research group to establish how they cope with stress. The findings have shown that regardless of one's age, if not properly managed, stress has very negative affects on one's health and general well-being.

**T**he **Tension Taker** is a new interactive computer software program that, through a series of games and video clips, teaches one how to manage stress, reduce anxiety and overcome insomnia.

**R**emarkably accurate, this innovative tool uses a unique and comfortable finger tip sensor that connects via a usb port to your computer. On screen instructions and interactive programs teach you how to manage your anxiety levels with proven techniques, while the sensor simultaneously shows your "live" progress using on-screen animations.

**E**xtraordinarily, the very sensitive sensor can detect the smallest change in emotional and physical stress responses that occur every time you are faced with a stressful thought or situation

**S**tressors vary from running late, being too busy to think straight, worry of writing an examination, fear of public speaking, claustrophobia or simply the pressure found in every day living. The **Tension Taker's** strength lies in how it uses straight-forward and engaging programs to teach awareness and management of these situations, giving you the tools to combat them and make your life more enjoyable and less worrying.

**S**o, whether you are a student, busy mom, teacher, policeman, anxious traveller, IBS sufferer, executive, insomniac or suffer from any other related stress symptom, The **Tension Taker** is the solution!

Now available in South Africa, the **Tension Taker** is distributed through Assessments Online.



Assessments Online

