



Media Contact: Gabriella Boehmer  
(831) 338-8710 or [gboehmer@heartmath.org](mailto:gboehmer@heartmath.org)

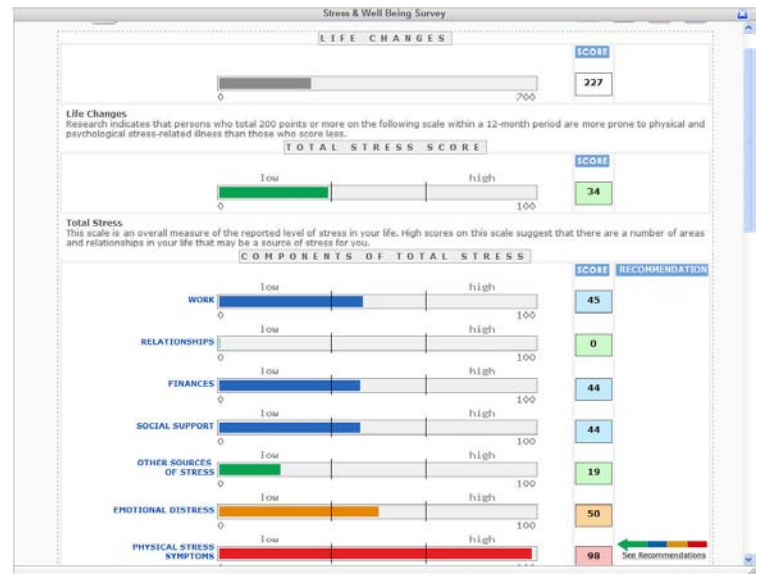
## Free Online Scientific Tool Zeroes in on Stress

### HeartMath's Stress & Well-Being Survey™ assesses emotional, physical, mental state

It is an unprecedented time in our history. People are anxious and angry, and stress levels are without a doubt on the rise. The Institute of HeartMath, an international leader in stress research, has developed a sophisticated online self-assessment tool that people can use in these uncertain times to regularly monitor their mental, emotional and physical state so they can begin managing stress levels and bringing balance to their lives.

Based on the institute's more than 17 years of research, HeartMath believes its new Stress & Well-Being Survey™ is the most comprehensive and accurate assessment tool of its kind available free over the Internet today. The 72-question survey, which should take most people five or 10 minutes, probes the individual's stress levels in-depth at home, work, school and in their relationships.

Are you going through a divorce, or coping with your own or a loved one's grave illness? Have you lost your job? Do you get angry or fatigued easily? Questions such as these and many others were strategically crafted by a variety of specialists to provide a clear assessment of your emotional state and the level of stress you are experiencing. The survey will assess the individual's capacity for adapting to events and situations in daily life and resilience – the ability to manage stress.



Quantum Intech, Inc. CEO, psychologist and author Deborah Rozman believes the Stress & Well-Being Survey is a great opportunity for people to slow down for a few minutes, perhaps weekly or even daily, to do something that could help improve the quality of their lives.

"In today's world many people might know they're stressed but they don't know where to start when it comes to getting a handle on it. An important factor for relieving and transforming stress is to understand where it is stemming from and how much it is impacting your health, emotional balance, mental clarity, ability to focus and make good decisions. This assessment tool enables people to take a quick inventory of how they're doing when it comes to stress and their emotional well-being, then they can start to take intelligent and proactive measures to take back control," said Dr. Rozman, a founding member of IHM and co-author of *Transforming Stress: The HeartMath Solution for Relieving Worry, Fatigue, and Tension*. "None of us are immune to stress, and today we know so much about how it can adversely affect our health, relationships, mental clarity, even our energy levels."

The survey, which can be previewed at [www.heartmath.org](http://www.heartmath.org) by clicking in the middle of the page on *Stress & Well-Being Survey*, uses color graphics to display results of the scoring system. When survey respondents answer all the questions, with simple clicks, a comprehensive picture emerges about their state of mind, how

much stress they are experiencing, how they feel about the direction of their lives, their energy level and much more. Results are followed by tips for improving areas with low scores.

With the volatility of the world's economies in the wake of crises in the financial markets, people are worried not only about the long term, but in many cases about next month or next week – how their jobs may be affected, whether they'll have enough to pay their mortgages, health-care premiums, children's college tuition or even to put food on the table.



Deborah Rozman, Ph.D.

Understanding the mechanics of stress gives you the advantage of being more aware of and sensitive to your own level of stress and knowing when and how to take proactive steps. This increased awareness also helps you to better care for your family, friends and colleagues.

“With all that people are going through today, managing stress and emotions is vital for helping to offset the anger, judgments, anxiety, blame and resentment – and make good decisions,” Dr. Rozman said. “People do have the power to help themselves and this Stress & Well-Being Survey can help. I can't think of an easier or more convenient way for people to take back control and do something now — to get direction on improving their lives. A lot of research went into this survey and I don't think you'll find anything quite as thorough and accurate on the Internet.”

The Institute of HeartMath has been researching stress since its founding in 1991. The nonprofit organization has developed science-based and field-tested programs, tools and technology such as the internationally acclaimed emWave Personal Stress Reliever® and emWave® PC Stress Relief System to help people manage stress and emotions. Thousands of people in more than 50 countries on five continents have used HeartMath's life-changing solutions to improve their lives.

#### *The Institute of HeartMath (IHM)*

*Since 1991 IHM ([www.heartmath.org](http://www.heartmath.org)) has been dedicated to helping people find balance between their mind and heart in life's activities. Through their education division, they develop, test, and distribute learning programs for use in schools. IHM has conducted research and clinical studies on emotional physiology, heart-brain interactions, and the physiology of learning and performance. Through their research they have demonstrated the critical link between emotions, heart function, and cognitive performance. IHM's work has been published in numerous peer-reviewed journals such as American Journal of Cardiology, Stress Medicine, Preventive Cardiology, Journal of the American College of Cardiology, Integrative Physiological and Behavioral Science, and Alternative Therapies in Health and Medicine.*