



StressCheck™

Making the Stress-Distress Tipping Point visible

Stress results from a combination of experiences
whether you are aware of them or not.

Stress **Load** is what you feel,
Stress **Sensitivity** is how your body responds.

Stress effects are different for everyone...

Some people might feel

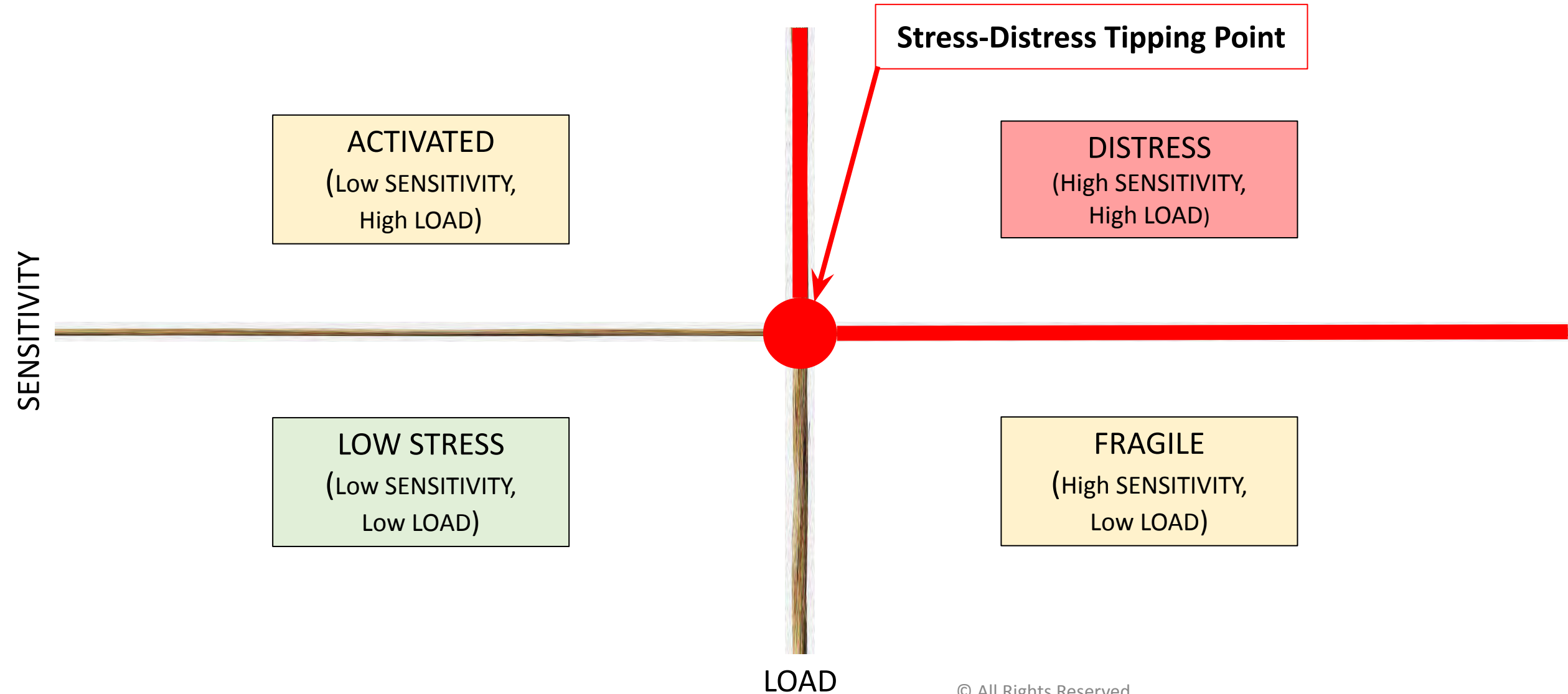
high stress **loads** are positive...

some may be **sensitive** to *any* stress.

Identifying **your** stress responses...

StressCheck™ uses everyday expressions
to indicate your Load and Sensitivity feelings,
at the time you read the questions.

Measuring ***Your*** Combined Stress Indicators: SENSITIVITY and LOAD




How StressCheck™ Works...

- Uses scientifically selected everyday expressions
- Measures and Ranks *Sensitivity* vs *Event Load*
- Detects Stress responses *before* they cause symptoms

Here's what you do...

1 Enter Cohort Code and Your ID

Enter Code	
Your ID	

2 Answer all 30 questions, based on your past week

IN THE PAST WEEK, have you felt:	Not At All				A Lot
...calm?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...strained?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

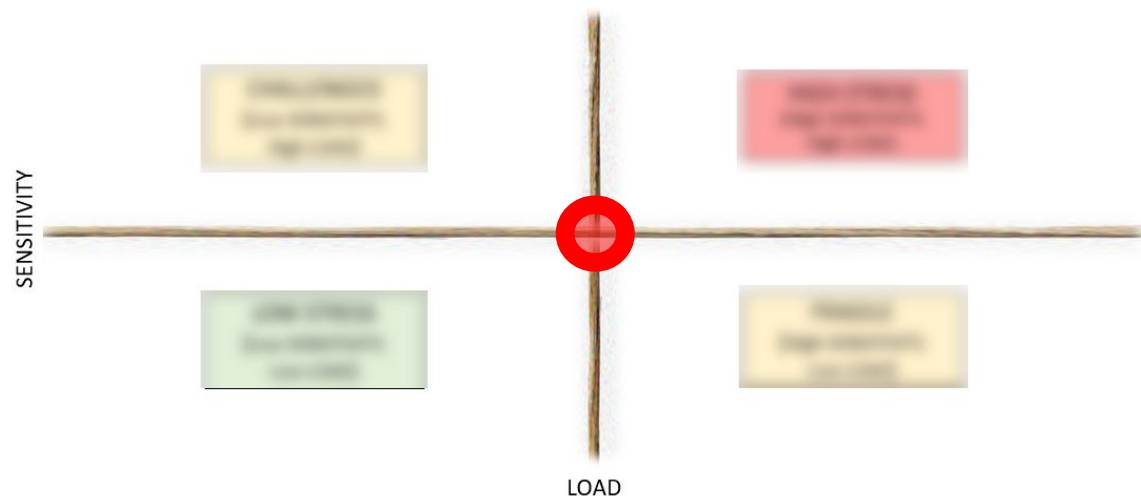
3 After answering all the questions, click "Done"

Click the button below after you've answered each question...

Done

Here's what will happen...

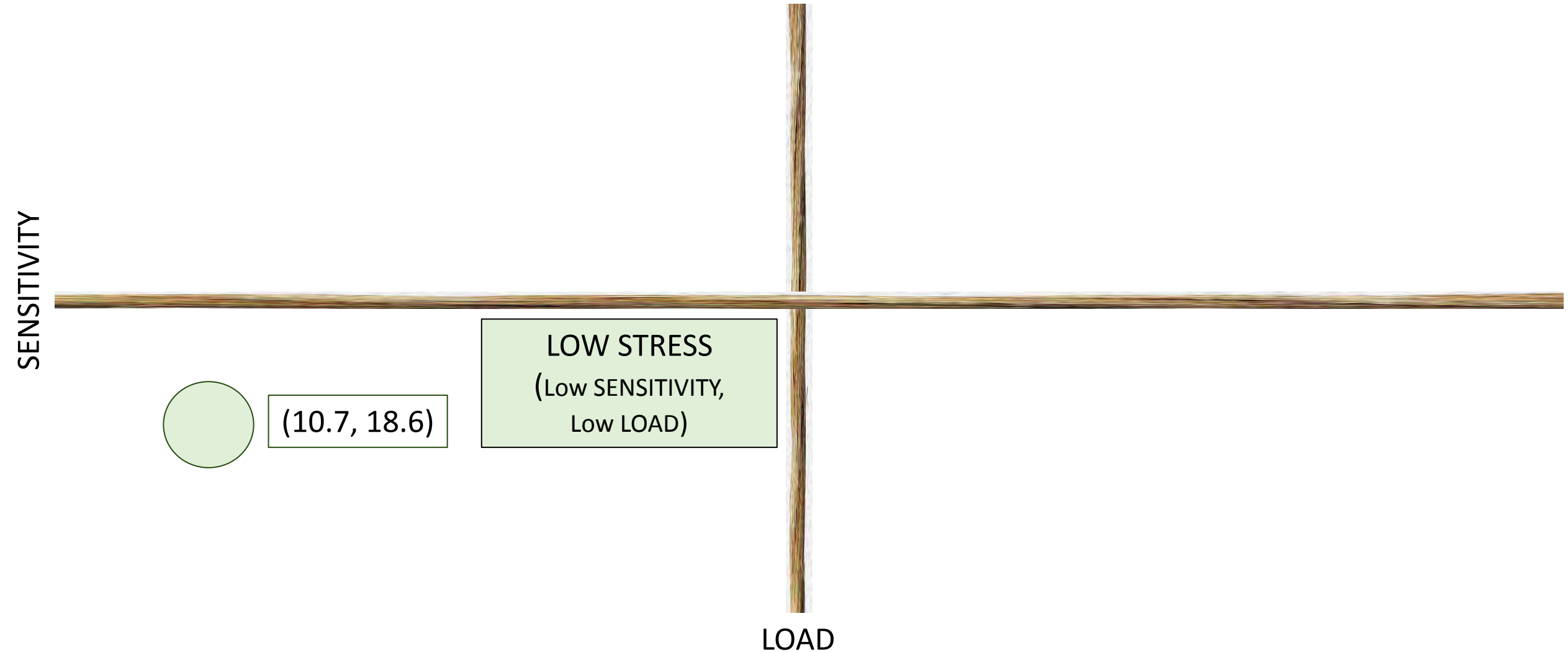
4 You will **see your results immediately**



5 *(Optionally)* **follow-up to discuss results**

Interpreting the Results

Combined Dimensions of Stress - *Low*



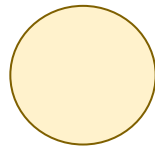
LOW STRESS: Common Perception of “Low Stress”

This quadrant reflects what people commonly describe as “low stress”.

It occurs when **both** Load and Sensitivity stressors are determined to be **low**.

Depending on your situation, this may or may not be a desirable quadrant long term, particularly based upon your engagement and activity levels.

Combined Dimensions of Stress - *Activated*



(10.7, 64,3)

ACTIVATED
(Low SENSITIVITY,
High LOAD)



LOAD

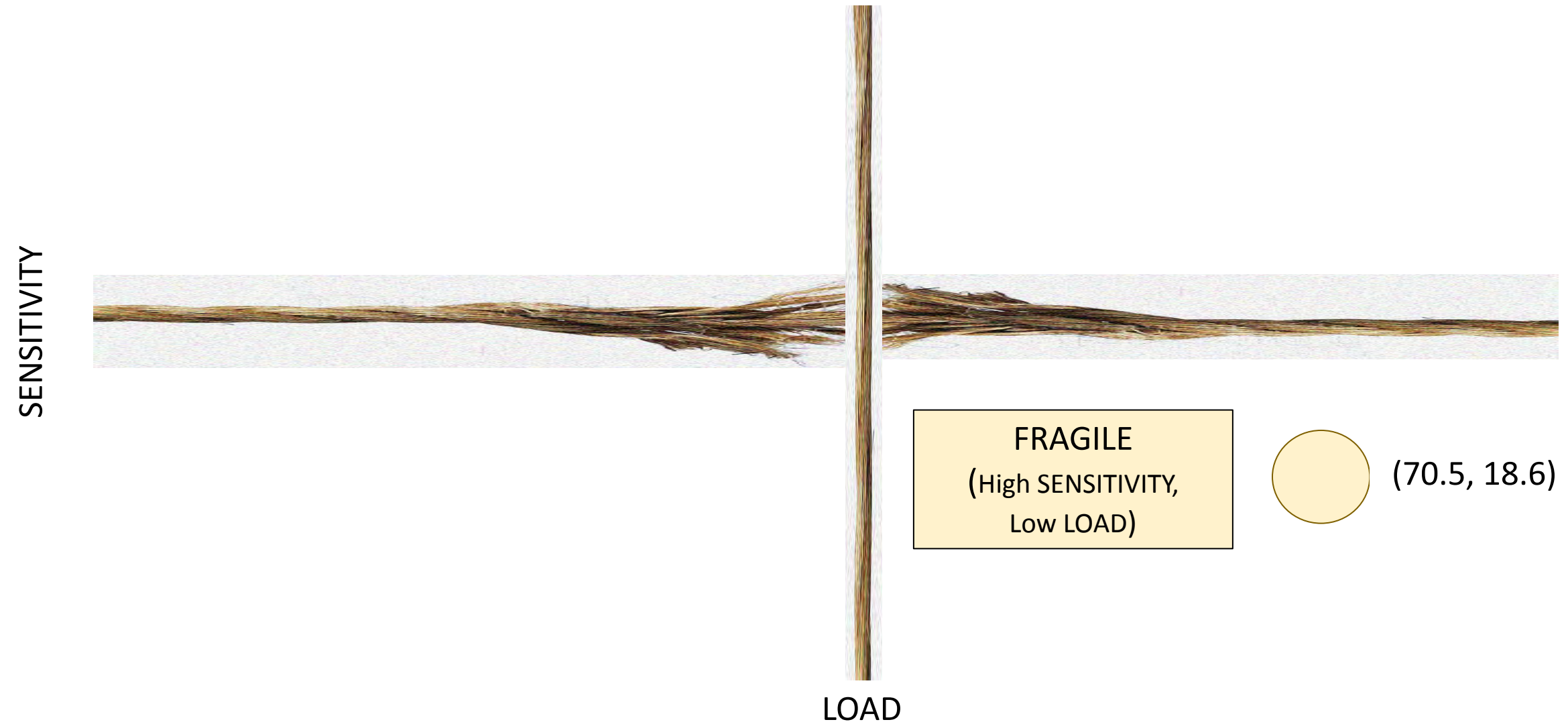
ACTIVATED: *Misperception* of “High Stress” – Stress as *External*

This quadrant reflects what people commonly may perceive as “high stress”, because the Load is high even though the Sensitivity is low.

However, since the primary stressors are computed as **external** Load stressors, the risk associated with this type of stress can be neutral or *even **positive** in many cases, as long as the internal Sensitivity stressors remain low.*

Repeated StressCheck™ testing at one month intervals should be considered to monitor this stress level.

Combined Dimensions of Stress - *Fragile*



FRAGILE: *Manageable* Common “Stress” – Stress as *Internal*

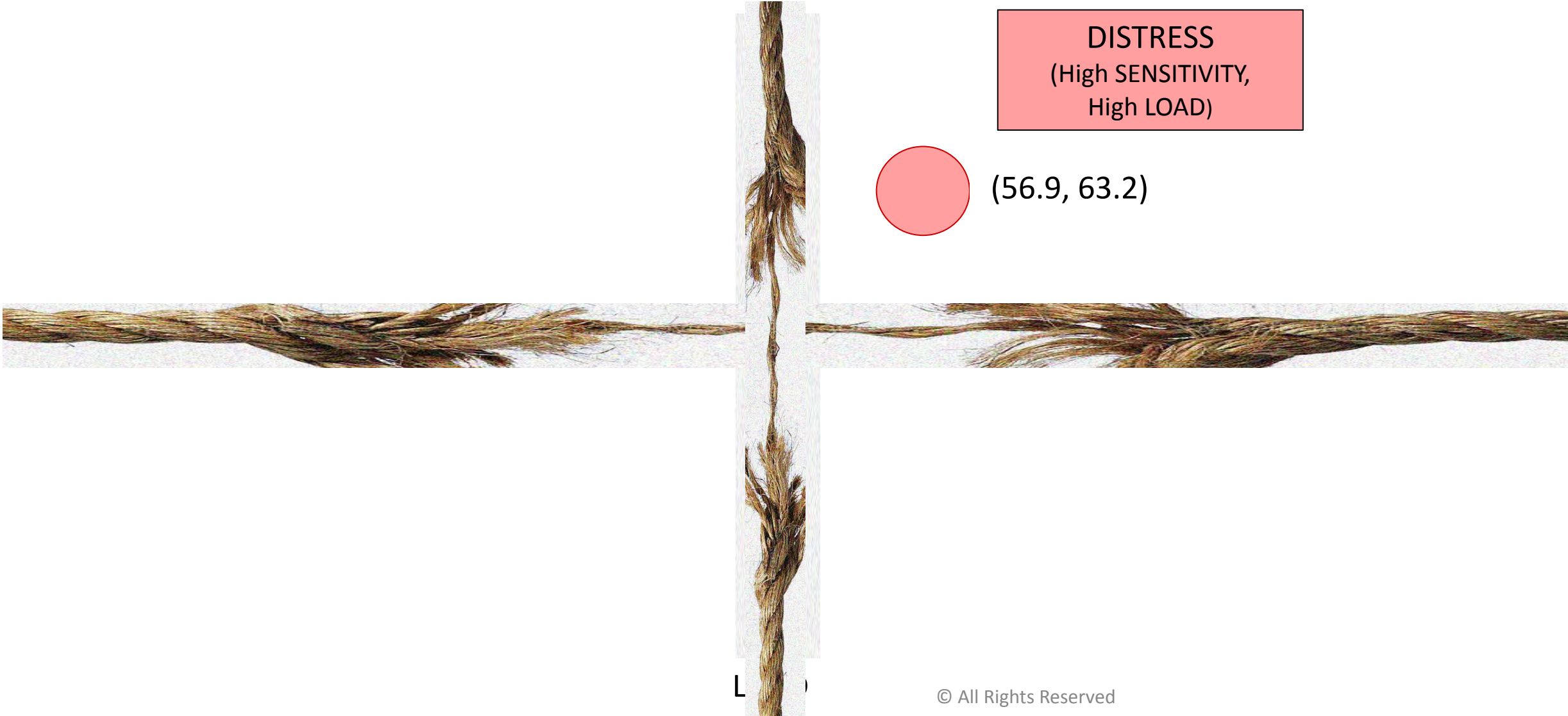
This quadrant reflects “high stress” calculated as primarily due to **internal** stressors impacting Sensitivity.

People in this quadrant are encouraged to **actively manage** their Sensitivity stressors since the computations reflect an internal factor dynamic which may or may not reduce your ability to adjust internally to increases in external Load stressors.

Repeated StressCheck™ testing at one month intervals should be considered to monitor this stress level.

Combined Dimensions of Stress - *Distress*

SENSITIVITY



DISTRESS: High Stress as *Internal AND External*

This quadrant reflects the highest risk factors among what is considered to be “high stress”. It reflects having **crossed** the *Stress-Distress Tipping Point*.

It occurs when calculations determine **both** internal Sensitivity and external Load stressors are **high**.

People scoring in this quadrant are encouraged to actively seek stress mitigation activities and/or assistance.

For more information

If you have an emergency, dial 911

Otherwise, contact us to learn more:

Pathways Cybernetics

<https://pathwayscybernetics.com>