

StressFree

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Cancel

Cancel Button Help

The Cancel button minimizes the StressFree Window, and resets the stretch sequence. You can press either Alt-C, or simply press ESC.

VCR Controls

StressFree VCR Controls

The following keys control the StressFree VCR buttons:

- || Alt-P, Alt-R - Pause
- > Right arrow - Advance one exercise.
- < Left arrow - rewind one exercise.
- >> Up arrow - move forward by one set of exercises.
- << Down arrow - move backward by one set of exercises.
- >| End key - Go to the last script.
- |< Home Key - Go to the beginning script.

The slides can be advanced automatically by choosing the Automatic button on the Settings screen. The Settings screen can be reached by pressing Alt-F-S, or from the StressFree System Command menu (Alt-Spacebar, or clicking once on the StressFree icon) or pressing the Settings... button from the StressFree window.

About

About StressFree

The About box contains ordering information for StressFree and can be accessed by pressing Alt-Spacebar-A

Exit

Exiting StressFree

StressFree can be exited by pressing the Exit button, or the Close item on the System menu. This terminates StressFree.

Help

StressFree Help

StressFree Help is this application and can be accessed by choosing Help... from the System menu (Alt-Spacebar-H).

Introduction

Introduction to StressFree

Welcome to StressFree, the program created to help relieve stress caused by long hours working at a desk or computer. StressFree reminds you to take a break at a user specified time of day. You can set one, or several times of day you would like to be reminded to take a break. In addition, StressFree shows a refreshing stretch sequence, or deep muscle relaxation techniques that will keep you at top performance without the tension and fatigue of sitting in a fixed position too long. It is ideal for computer programmers, office workers, anyone who would like to relieve muscle tension. In addition, StressFree contains extensive information on how to set up your work area in order to minimize repetitive strain injuries.

This Help screen can be accessed anytime the program is running by pressing Alt-H from the main screen, or choosing the 'Help' item from the system menu. Ordering information can be obtained, by pressing Alt-F-A from the StressFree Main screen, or Alt-Enter and choosing the 'About...' item from the system menu.

How to Use StressFree

Using StressFree

Simply click on the StressFree icon to begin the program. StressFree is designed to run automatically. However, it can be customized greatly from the **Settings...** screen. It is recommended that the times specified for each stretch be followed to obtain the maximum benefit.

Make sure you read the StressFree User's Guide or README file section on How to stretch and all disclaimers before use.

Important: A muscle should be stretched in a slow, sustained manner. Do not bounce. Bouncing causes the muscle to contract further which creates greater tension. It can cause injury in muscles and joints. When you stretch, place tension on the muscle, and hold it for the duration of the countdown on the screen. Do not stretch to the point of pain. Pain is an indication that something is wrong and causes the muscle to contract further. If doing an exercise or stretch causes pain, STOP!

StressFree is not a substitute for treatment by a qualified physician. If you have a pre-existing condition, consult your doctor before use. Thanks for using StressFree

Settings

StressFree Settings...

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How to access Settings

Accessing the Settings screen

Settings can be reached from the system command menu (Alt-Spacebar-E), or from the Settings... item on the main StressFree window (Alt-F-E). The screen consists of groups of controls: Startup controls, Time setting controls, and sequence selection controls.

Startup Settings

Startup Settings Help

Startup settings consist of 3 changeable startup settings:

- 1) Automatic Advance
- 2) Auto-start program
- 3) Start program minimized
- 4) Sound

Automatic Advance:

When checked, StressFree will advance to the next slide automatically at the end of the countdown. When unchecked, StressFree will countdown and stop. The user must advance the slides by pressing a button or key.

Auto-start program:

When checked, causes the program to start when Windows is started. **When unchecked**, the user must start the program from program manager.

Note: You must restart StressFree after changing the following settings to make them take effect:

sized window without explanation text.

Start program minimized:

When checked, will start the program as an icon. When unchecked, the program will start as a full sized Window. Press the Cancel button to make it an icon.

Sound:

When checked, the program will beep after every slide or animation sequence has counted down. Unchecking will stop the beep from sounding.

Time Settings

Time Settings Help

Time Settings consist of two main groups, the first two items, 'Start countdown on the hour', and 'Start countdown now', allow you to specify a periodic interval such as every hour, or every two hours. The 'Specific times of day item' allows you to specify non-periodic scheduling of breaks such as 8:15 am, 11:35 am, and 3:52 pm.

To set a period of every two hours (the default setting), simply click on the radio button besides the words 'Start countdown now'. Then, move the mouse cursor to the first pop-up box to the right of the word When: move the mouse to the number 2 and let go. A 2 should appear in the pop-up box. Make sure the other pop-up has a zero in it and press OK. That's it.

To set specific times of day, click on the radio button besides the words 'Specific times of day:' When the radio button is selected, the list box and the associated buttons will become active. You can then add or remove items from the list using the buttons. All times are edited in the When: box.

Sequence Selection

Specifying Different Sequences

You can specify different sequences by checking the sequences you would like to see. The program will run the selected sequences in the order you selected. The SetX button beside activates the Configure... dialog for each exercise sequence allows full control of each exercise.

Snooze

Snooze

Snooze will reset the countdown timer for 5 minutes.

TypeWatch

TypeWatch

TypeWatch counts the number of keystrokes a person has entered since starting StressFree. It samples the amount of keystrokes every minute and plots it in the Keyboard Activity screen. The screen can be reached by pressing Alt-F and choosing the TypeWatch... item. TypeWatch also calculates the average, maximum, minimum keyboard intensity and total keystrokes entered including the mouse.

Note that meaningful data only occurs after a few minutes of typing. The graph automatically adjusts the X and Y axis to the amount of time measured and the greatest number of keys pressed in a 1 minute period. It measures the keyboard activity for up to 10 hours of data with the most recent data appearing at the left. The graph can be refreshed by pressing the Refresh key. If raw data is desired, the raw data can be saved to a file by pressing the Save As... key.

SetXX buttons/Configure... Dialog

Configure Dialog Box

The Configure... dialog box allows full control of exercise countdowns.

The Configure dialog consists of a listbox containing all the countdowns, a Countdown: box to change the countdowns and four buttons: OK, Cancel, Default and Change All.

To change a countdown, select the countdown in the listbox. The exercise picture will appear compressed in the box beside it. Change the countdown by pressing the arrow keys. The listbox will automatically be updated. Pressing OK saves the changes.

'Change All' changes all the countdowns in the sequence to the number in the Countdown: box. Default changes all the numbers back to the original 'factory' settings.

Posture chart...

Posture chart...

Shows an ergonomic posture chart courtesy of Dr. Emil Pascarelli of the Miller Institute.

Following the suggestions of the chart greatly reduces fatigue caused by using a computer and the possibility of repetitive strain injuries. To access the chart, press Alt-P or click on the Ergonomics pull-down menu and select the Posture chart... item.

Icon Text

Icon Text

The Icon Text option can be reached by pressing Alt-F-I from the main screen, then choosing either a static time, or a countdown. Static time will show the next break time. Static time is the default. Choosing countdown will make the icon countdown the seconds to the next break.

RSI Checklists...

RSI Checlists...

The repetitive strain injury checklists contains information on how to set up your workstation and work area in order to minimize the possibility of repetitive strain injuries. To access the list, press Alt-E and select one of the checklist topics.

