

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.

< >

Stretch Rewind, Advance

The > button advances to the next stretch in the sequence. It can be accessed by pressing Alt-Shift->, clicking on the button, clicking on the StressFree window, or pressing any key. To rewind by one slide, press the < button with the mouse, or Alt-Shift-< or press the down arrow or left arrow keys.

The slides can be advanced automatically by choosing the Automatic button on the Settings screen. The Settings screen can be reached 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.

This Help screen appears the first time the program is run. After that, it can be accessed anytime the program is running by pressing Alt-Enter and choosing the 'Help' item from the system menu. Ordering information can be obtained, by pressing 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 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. sThanks 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... button on the main StressFree window (Alt-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 When box:

Is where all times are specified.

The following controls make the StressFREE screen come up in a periodic fashion.

Start countdown now - starts the countdown period when you press the OK button.

You specify the period you would like it to countdown. For example a period of 2:01 will make the WorkSafe screen come up every two hours one minute.

Start countdown on the hour - starts the countdown period on the next hour. With this setting, minutes and seconds are not allowed. Example: You would like to be reminded to stretch every 2 hours on the hour. It's 10:30 now. If you specify 2:00, then it will start at 11:00:00 and will remind you to stretch at 1:00, 3:00 etc.

Stretch at specific times:

This setting allows you to stretch at any particular time of day so that it accomodates your schedule. Simply specify the time of day and press the Add button. The pre-defined times are: 8:30 am, 10:30 am, 2:30 pm, 4:30 pm. They can be changed or deleted as needed. Up to 24 different times can be specified.

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. In addition, you can specify the amount of countdown time by increasing or decreasing the number in the box to the right of each script. The countdown time is in seconds.

Ready?/Hold/Pause button

Ready?/Hold/Pause Button

This button appears directly under the stretch picture. It can be pressed to pause a countdown. When pressed again, it will continue counting down.

