

# BOOM

from ellin todd



Let it Rain!

## Stressful Job, Family, Tax Situation?

Try this to calm down and stay steady.

Tax season is one of the high-stress times of the year. As it happens, there's an app for that: SweetBeat from SweetWater Health is designed to detect stress as it is happening and help you regain your balance.

**Relax**



**Exhale**

Using a compatible heart monitor (widely available and affordable), SweetBeat runs on your iPhone and monitors your stress levels in real time wherever you happen to be. When you get too stressed, SweetBeat brings up a Relax screen to help you chill through deep breathing, balancing your nervous system.

If you are really concerned about managing your stress (and I bet your family is) Use this tool to manage a record of your stress level. You can drill down to session summaries, and you can bring up charts with more detail. As your awareness grows, your steadiness will show.

"Sweet Beat" is available in the [Apple App Store](#) for only \$1.99, and can be downloaded directly to your iPhone.

For more detailed information contact [Kathy](#).