



An Invitation to a Stress Relief Retreat

An opportunity to invest in yourself and the people you love to de-stress and re-charge in a calm and relaxing environment.

Your stay (3 days and 2 nights) is designed to enable you to:

- Reflect on your internal stress level.
- Learn self-development and de-stressing techniques.
- Acknowledging and realizing each individual negative emotion.
- Moving forward and letting-go and gaining positive energy.
- Motivation to transform and reenergize.
- Experience traditional Malay massage for pure pampering and relaxation.
- Optional one-on-one sessions made available for individual evaluation and assistance.

Explore methods of understanding recognising complex human emotions and learn how to handle them effectively and taking back control of your life, joy and happiness.

Group sizes are kept small in order to:

- Have a more effective method to do individual reflection.
- Ensuring that you are within a group that is fully supportive of your journey of complete de-stress and freedom from negative emotions.
- You are able to share among like-minded people that encourages the process of self-exploration through your stay and beyond.

Cost: Special introductory price of **RM1,800.00* only** per person for the whole duration on a twin sharing basis.

~ Includes accommodation and full board breakfasts, lunches and dinners together with healthy snacks and juices each day.

~ Single occupancy rates available.

Book Now! Call Lina at: **019-270 6898** or e-mail to **info@remind.com.my**

* Terms and conditions apply.

Why choose this?

Current location of this Retreat is at the Sg. Klah Hot Springs Resort, Sungkai, Perak. There were a number of reasons for choosing this beautiful place. Peaceful, spacious, natural, serene, wonderful layout of the resort, wonderful therapeutic hot springs and cold springs offers a perfect and tranquil possibility for a program like this.

This program is likely to appeal to those of you who are already deeply reflective or those wanting to develop a more reflective approach. People often comment that we create a safe and relaxed space where they feel accepted and are able to express themselves and explore issues freely. This program is likely to appeal to those of you who are wanting to take a step back and reflect and consider how to implement desired positive changes in your own life.



Booking Procedure with terms and conditions:

1. Book your place for the Retreat to show your interest by calling us at 019-2706898 or e-mailing us at info@remind.com.my.
2. Once we have a group of 15 stating their interest, we will look up 3 possible dates in the following month, and allow you to choose which ones are convenient for you. The option dates that will be given will be both during the weekends and the weekdays.
3. If you have heard not from us, it means that we are still waiting for the group to reach 15. Please feel free to invite your friends and loved ones as well!
4. To be able to proceed with the Retreat, we require a minimum of 6 (on a twin sharing basis) and a maximum of 12 (on a twin sharing basis) on the option dates given to you.
5. When we have confirmed your participation on the selected date, a deposit of 20% of the Retreat package price is required to hold your booking.
6. Upon payment of the deposit, you will get an e-mail confirmation and more evaluation and information that will add value to yourself!
7. If your selected date has less than 6 persons, you are entitled to automatically book your space in the next Retreat.
8. Two weeks before the Retreat date, a payment of 50% of the Retreat package price is required to secure the accomodation. In the event that you are unable to participate at this point after having selected your Retreat date, the first 20% will be forfeited.
9. Upon payment of the furhter 50%, you will get an e-mail confirmation and more evaluation and more information that will add value to yourself!
10. In the event that you are unable to participate after the final confirmation, all payment made will be forfeited.
11. The balance 30% will be paid at the beginning of the Retreat.
12. Enjoy the retreat and what life has in store for you!

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Have you taken the Professional Life Stress Test? If not here it is!

When you **book a place** for the Retreat, e-mail me your Stress Test sheet and I'll evaluate your individual stress level, for **free!**

The Professional Life Stress Test

1. Two people who know you well are discussing you. Which of the following statements would they be most likely to use?

- a. 'X is very together. Nothing much seems to bother him/her.'
- b. 'X is great. But you have to be careful what you say to him/her at times.'
- c. 'Something always seems to be going wrong with X's life.'
- d. 'I find X very moody and unpredictable.'
- e. 'The less I see of X the better!'

2. Are any of the following common features of your life?

- a. Feeling you can seldom do anything right
- b. Feelings of being hounded, trapped, or cornered
- c. Indigestion
- d. Poor appetite
- e. Difficulty in getting to sleep at night
- f. Dizzy spells or palpitations
- g. Sweating without exertion or high air temperature
- h. Panic feelings when in crowds or in confined spaces
- i. Tiredness and lack of energy
- j. Feelings of hopelessness ('what's the use of anything?')
- k. Faintness or nausea sensations without any physical cause
- l. Extreme irritation over small things
- m. Inability to unwind in the evenings
- n. Waking regularly at night or early in the mornings
- o. Difficulty in making decisions
- p. Inability to stop thinking about problems or the day's events
- q. Tearfulness
- r. Convictions that you just can't cope
- s. Lack of enthusiasm even for cherished interests
- t. Reluctance to meet new people and attempt new experiences
- u. Inability to say 'no' when asked to do something
- v. Having more responsibility than you can handle

3. Are you more or less optimistic than you used to be (or about the same)?

- a. more
- b. about the same
- c. less

4. Do you enjoy watching sports?

- a. yes
- b. no

5. Can you get up late on weekends if you want to without feeling guilty?

- a. yes
- b. no

6. Within reasonable professional and personal limits, can you speak your mind to your boss? Or if you are on your own, can you speak your mind to other influential business people?

- a. yes
- b. no

7. Can you speak your mind to your colleagues? Or if you are on your own, can you speak your mind to other business associates?

- a. yes
- b. no

8. Can you speak your mind to members of your family?

- a. yes
- b. no

9. Who usually seems to be responsible for making the important decisions in your life?

- a. myself
- b. someone else

10. When criticized by superiors at work, or if you are criticized by others, are you usually:

- a. very upset?
- b. moderately upset?
- c. mildly upset?

11. Do you finish the working day feeling satisfied with what you have achieved?

- a. often
- b. sometimes
- c. only occasionally

12. Do you feel most of the time that you have unsettled conflicts with colleagues or peers?

- a. yes
- b. no

13. Does the amount of work you have to do exceed the amount of time available?

- a. habitually
- b. sometimes
- c. only very occasionally

14. Do you have a clear picture of what is expected of you professionally?

- a. mostly
- b. sometimes
- c. hardly ever

15. Would you say that generally you have enough time to spend on yourself?

- a. yes
- b. no

16. If you want to discuss your problems with someone, can you usually find a sympathetic ear?

- a. yes
- b. no

17. Are you reasonably on course towards achieving your major objectives in life?

- a. yes
- b. no

18. **Are you bored at work or what you are doing professionally?**

- a. often
- b. sometimes
- c. very rarely

19. **Do you look forward to going into work?**

- a. most days
- b. some days
- c. hardly ever

20. **Do you feel adequately valued for your abilities and commitment at work?**

- a. yes
- b. no

21. **Do you feel adequately rewarded in terms of status and promotion for your abilities and commitment at work?**

- a. yes
- b. no

22. **Do you feel your superiors or other business associates actively hinder you in your work? Or do they actively help you in your work?**

- a. hinder
- b. help

23. **If ten years ago you had been able to see yourself professionally as you are now, how would you have seen yourself?**

- a. exceeding your expectations
- b. fulfilling your expectations
- c. falling short of your expectations

24. **If you had to rate how much you like yourself on a scale from 1 (least like) to 5 (most like), what would your rating be?**

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5

For each question, score according to the directions as follows:

1. Score (a)0,(b)1,(c)2,(d)3,(e)4
2. Score 1 for each 'yes' response from a. - v.
3. Score 0 for a. more optimistic, 1 for b. about the same, 2 for c. less optimistic
4. Score 0 for a. 'yes', 1 for b. 'no'
5. Score 0 for a. 'yes', 1 for b. 'no'
6. Score 0 for a. 'yes', 1 for b. 'no'
7. Score 0 for a. 'yes', 1 for b. 'no'
8. Score 0 for a. 'yes', 1 for b. 'no'
9. Score 0 for a. 'myself', 1 for b. 'someone else'
10. Score 2 for a. 'very upset', 1 for b. 'moderately upset', 0 for c. 'mildly upset'
11. Score 0 for a. 'often', 1 for b. 'sometimes', 2 for c. 'only occasionally'
12. Score 0 for a. 'no', 1 for b. 'yes'
13. Score 2 for a. 'habitually', 1 for b. 'sometimes', 0 for c. 'only very occasionally'
14. Score 0 for a. 'mostly', 1 for b. 'sometimes', 2 for c. 'hardly ever'
15. Score 0 for a. 'yes', 1 for b. 'no'

16. Score 0 for a. 'yes', 1 for b. 'no'
17. Score 0 for a. 'yes', 1 for b. 'no'
18. Score 2 for a. 'often', 1 for b. 'sometimes', 0 for c. 'very rarely'
19. Score 0 for a. 'most days', 1 for b. 'some days', 2 for c. 'hardly ever'
20. Score 0 for a. 'yes', 1 for b. 'no'
21. Score 0 for a. 'yes', 1 for b. 'no'
22. Score 1 for a. 'hinder', 0 for b. 'help'
23. Score 0 for a. 'exceeding your expectations', 1 for b. 'fulfilling your expectations', 2 for c. 'falling short of your expectations'
24. Score 4 for a. '1', 3 for b. '2', 2 for c. '3', 1 for d. '4', and 0 for e. '5'

Interpreting Your Score

Keep in mind that scores on stress scales must be interpreted cautiously. There are so many variables which lie outside the scope of these scales but which influence the way in which we perceive and handle our stress, that two people with the same scores may experience themselves as under quite different levels of stress. Nevertheless, taken as no more than a guide, these scales can give us some useful information. It is advisable for you to seek advice from a professional if you want individual evaluation of your score.

Score = 15. Stress isn't a problem in your life. This doesn't mean that you have insufficient stress to keep yourself occupied and fulfilled. The scale is only designed to assess undesirable responses to stress.

Score = 16-30. This is a moderate range of stress for a busy professional person. It's nevertheless well worth looking at how it can reasonably be reduced.

Score = 31-45. Stress is clearly a problem, and the need for remedial action is apparent. The longer you work under this level of stress, the harder it often is to do something about it. There is a strong case for looking carefully at your professional life or your life generally.

Score = 45-60. At these levels, stress is a major problem, and something must be done without delay. You may be nearing the stage of exhaustion in the general adaptability syndrome. The pressure must be eased.

If you sign-up for the Retreat, just e-mail to me this Professional Life Stress Test sheet with your markings to info@remind.com.my and I can evaluate your individual stress level for free.

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