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Stress - Check Your Stress Levels

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Awareness is the first step to control.

The Reebok Icon doesn't just track your movement; it helps you manage your mindset, too. With continuous stress detection powered by heart rate analysis, your watch keeps you in tune with what your body's feeling, even when your mind is too busy to notice.

How It Works

- Your Reebok Icon monitors changes in your heart rate to estimate stress levels. These shifts can indicate when your body is under physical or emotional strain.
- In the app, you can enable automatic stress checks and choose how frequently they occur, giving you consistent insights throughout the day. Your Reebok Icon helps you spot tension before it spirals.

Manage Your Stress

- Got a high reading? You've got tools.
- Use the built-in Breath mode (Fast, Smooth, or Slow) for guided relaxation.
- Step away from screens, hydrate, or move your body.
- Log stressful events manually if you want to track patterns over time. The goal isn't zero stress; it's managing it on your terms.

Tips for Accurate Stress Tracking

- For reliable results, consistency matters:
- Wear your watch snugly, especially during rest periods when most readings happen.
- Enable automatic stress tracking in the app to get a comprehensive view of your day.
- Avoid caffeine or alcohol before manually checking, as they can affect heart rate.

Combine with sleep data for a fuller picture of how stress is affecting recovery.