

www.CorporateStressPrograms.com

Warning signs of stress at work:

- Absenteeism
- Tardiness
- Anger
- Bossiness
- Missing Deadlines
- Unnecessary risk taking
- Sighing
- Overeating
- Impatience
- Lack of joy
- Accidents
- Excessive talk of alcohol



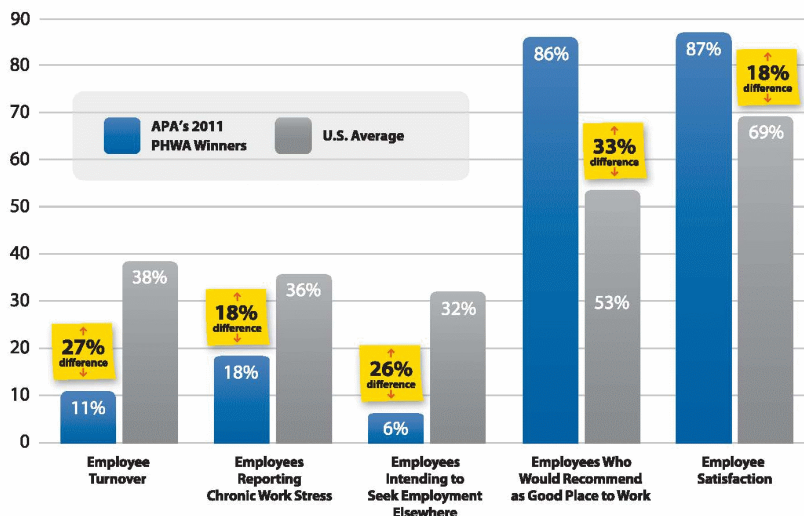
Facts about stress:

- It's estimated that 60-80% of all doctor's visits are from stress-related illness such as depression and heart disease. Those diseases alone cost businesses between \$200-\$300 billion a year in lost productivity.
- One million workers miss work everyday from stress. This costs over \$602/employee per year.
- According to the American Psychological Association 2/3 of Americans say work is their top stressor.
- 60% of workers in one survey admitted to losing productivity to stress in the past month.
- Stress lowers our immune system, which can increase the susceptibility to colds and flu.
- Often when people are stressed they turn to unhealthy foods and high calorie snacks. In a Career Builder survey almost 2/3 of employees admitted to eating unhealthy snacks once a day; 25% said they did at least twice a day. Keep healthy food options for your staff and employees and encourage exercise in the workplace.
- A recent Attitudes in the American Workplace poll showed the following: 35% of workers say that their job is harming them physically or emotionally, 36% said they felt they could not express their concerns to their superiors, and 30% felt that management was not sensitive to the needs, conflicts or problems of stress.
- Large corporations are learning that de-stressed employees are happier and more productive: GlaxoSmithKline, Bank of America, Johnson and Johnson, PepsiCo and GE are a just a few companies that offer stress and wellness programs.
- When we are stressed we don't sleep as well or function at our optimum during the day. Sleepiness or lack of concentration leads to industrial accidents, automobile accidents and more slip and fall incidents. Less stress means less injuries and accidents.

Just a few of the solutions:

1. Use affirmations. Place signs around the office reminding staff to breathe, slow down and be positive. "I have plenty of time." "Breathe deeply."
2. Encourage staffers to bring nature to them. Have a beautiful screen saver, mouse pad or background photo on their computer. Have flowers, plants, soothing scents, a sound machine. Take time to look at those images and breathe.
3. Do a mini. Inhale, "I am." Exhale, "at peace." And repeat. These can be done anywhere at any time to stop the stress response in its tracks.
4. Call us today to see how we can help you have a healthier office.

Psychologically Healthy Workplaces Have Lower Turnover, Less Stress and Higher Satisfaction



Sources: American Psychological Association (APA), Psychologically Healthy Workplace Program (PHWP); U.S. Department of Labor, Bureau of Labor Statistics, 2010 Total Separation (with preliminary data for Dec.); APAs 2010 Stress in America and 2011 Work Stress Surveys. ©2011 American Psychological Association

My favorite stretches for the workplace.
Hold each side for 30 seconds and do multiple times daily.



**Don't be this guy. Call us today for a consultation about what we can do for your company:
805-680-1984**

