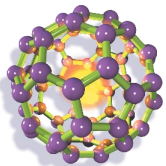
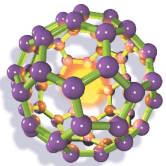
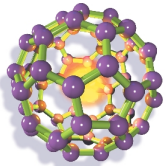
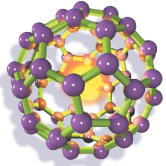
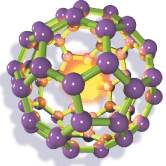
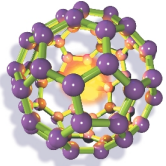
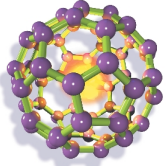
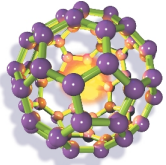
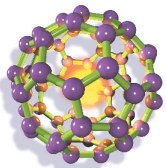


# STRESS RELIEF TOOLS AND TECHNIQUES



In our interactions with bosses, coworkers, and customers, each person's viewpoint is unique to their personal history. StrateGems Stress Relief Tools and Techniques helps groups of individuals who work together understand the importance of making communication agreements for reducing workplace stress. Participants learn how physiological processes operate and discover new techniques for navigating stressful situations. Understanding how differing beliefs and assumptions erode teamwork helps workgroups focus on the big picture and achieve their goals.

**Session benefits include:** Time-tested solutions for preventing stress; relaxation and visualization tools for reducing stress; an understanding of how important agreements are for reducing stress; increased productivity; improved morale; and reduced absenteeism. In just two hours, your staff is well on the way to greater success! Program modules include:

## How Stress Affects Your Body and How to Prevent It

The stress response begins in the mind, which starts a chemical reaction that engulfs our entire body. Chronic stress (lasting more than an hour) leads to reduced immune system function, which opens the door to health problems. Research shows how common health issues are caused or worsened by stress:

Cardiovascular disease and hypertension	Sleeplessness and fatigue
Depression and anxiety	Frequent colds
Sexual dysfunction	Memory Loss
Trouble concentrating	Changes in appetite

## Reducing Stress at Work: Choosing Comedy over Drama

Life can be rather dramatic, yet in comedies the characters figure out what's going on in time to do something about it. Ultimately, choosing comedy over drama enables humans to work through differences in ways that do not compromise personal and organizational health. When challenges arise, we reduce stress by agreeing up-front to avoid high drama or conflict, key to making the workplace a safe haven in an otherwise negatively stressed world. Happy people are healthy people.

## Relaxation, Visualization, and Meditation Benefits

Mountains of research are showing the benefits of using relaxation, visualization, and meditation techniques to balance our overactive left brains with our creative, calm right brains. Participants learn simple, repeatable techniques for finding inner peace amidst our noisy outer world.

**Cost** for one two-hour session: \$500 for up to 20 persons. \$30 per addl. person; maximum 30 persons. Includes materials.

*"Thank you Janna Raye! Your stress relief seminar that the managers of our organization participated in was incredibly valuable for all of us. Your course asked us to be conscious and assess the situation we are faced with first before running through the office screaming fire. This piece of your course alone has created a real sense calm throughout our work place."*

—Christopher Oscar, Advertising Sales Manager, Sonoma Index-Tribune