



# Stress Be Gone

## Workplace Wellness Series #1

Workplace stress costs U.S. employers an estimated \$200 billion per year in absenteeism, lower productivity, staff turnover, workers' compensation, medical insurance and other stress-related expenses. Considering this, stress management may be business's most important challenge of the 21st century.

This workshop is designed to assist your employees with developing healthy lifestyle habits and decreasing stress through mindfulness, and guided breathing and relaxation training. It promotes the cultivation of greater awareness of the mind and body.

In this three hour session,\* your professional facilitator will instruct your employees on:

1. What stress is, what happens in the body when you experience chronic stress and how to stop the stress response
2. Stress relief tips & strategies
3. Retraining and reframing thoughts
4. 4-step process that creates feelings of well-being, confidence and focus
5. Techniques that prevent overwhelm and lead to creativity and focus
6. Establishing / installing an 'anchor' that creates an automatic confidence response when you use it
7. How to get out of a negative state quickly

Deliverables:

- ⇒ Hypnosis MP3 / Compact Disc to reinforce the learning
- ⇒ Guidebook to stay focused and motivated

### Enlightened Living Inc.

Sustainable Wellness Solutions for  
Personal, Professional and Performance Improvement

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