

## **Practicing Safe Stress**

**STRESS!** It's not new—but it is a **BIGGER** problem.

70% of Americans claim that stress levels are at an all-time high. Employees are at a **snapping point**. Employers are reporting higher absenteeism, increased medical costs and dangerous levels of disengaged employees, all due to stress.

With symptoms like, high-blood pressure, heart disease, depression, chronic head-aches and other body ailments—**people are searching for solutions!** It's time to take action.

We must learn techniques to **Practice Safe Stress** during the day to eliminate “**Stress-Stacking.**” We don't take time to celebrate the successes of our work, we don't slow down and take breaks to catch our breath during the day and we are over scheduled from the moment our feet hit the ground in the morning until we collapse at the end of the night.

This program provides stress relief as participants learn to laugh and “**let it go!**” Through humor, attitude adjustments, simple stress breaks and techniques, participants will leave **equipped to manage the madness and have fun along the way.**

**After all, if life drives you crazy, at least learn to enjoy the ride!**