

# STRESS PREVENTION WITH BODYWORK

## DO YOU KNOW THE IMPACT OF STRESS IN THE WORKPLACE?

- Recent studies show that stress is now one of the biggest health risks in the workplace.
- Continued stress at work causes 48% of employees to experience stress-related problems.
- There has been an increase in stress-related sick days - in 2016 there were more than ever before.
- Stress-related sick days cost companies millions per year.
- Modern health management in companies can reduce stress-related sick days by 25 percent. <sup>1</sup>

## WHAT DOES THIS MEAN FOR YOU AND YOUR BUSINESS?

Ultimately, stress in the workplace leads to an increased number of sick days resulting in higher costs for your company.

## HOW DOES INVESTING IN THE WELL-BEING OF YOUR EMPLOYEES BENEFIT YOU?

- reduction of sick leave
- increased creativity and motivation
- higher productivity and output
- loyal employees
- increased morale
- feeling of well-being associated with place of work

## HOW CAN I HELP?

I offer solutions to prevent and treat stress-related symptoms with holistic bodywork.

## HOW DOES IT WORK?

I come to your workplace for 45-60 minute sessions with individual employees. Sessions take place on a mat or massage table.

Stress symptoms can vary a lot so it is very important to tailor each treatment to the wishes and needs of the client. At the beginning of each session, I discuss these with the client to ensure successful treatments. Combining several bodywork techniques allows me to address a whole range of issues on a physical and emotional level.

I offer weekly or biweekly appointments to ensure that your employees feel recharged and relaxed on a regular basis.

STRESS BUILDS UP  
OVER TIME SO  
REGULAR SESSIONS  
ARE VERY IMPORTANT  
TO PREVENT PROBLEMS  
BEFORE THEY BECOME  
AN ISSUE FOR  
YOUR COMPANY.

## WANT TO FIND OUT MORE?

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<sup>1</sup> Sources:

- Entspann dich, Deutschland: TK-Stress-Studie 2016
- DAK-Gesundheitsreport 2017
- iga.Reports 28