

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. ¹

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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¹ Sources:

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