

## **Benefits of Stress Management Treatments**

- Allows client to talk to counsellor for 15 minutes per week about ANYTHING that may be bothering them in ANY aspect of their life – totally CONFIDENTIAL
- Targets stress being held within the body
- Gives specialised treatments to every individual
- Able to give complete pain relief or able to manage pain effectively
  - Examples
    - Headaches
    - RSI
    - Neck and shoulder pain
    - Lower back pain
    - Knee pain
- Eases tension in office
  - Examples
    - Office politics
    - Work colleagues understand and communicate more effectively
    - Gives employee a better understanding of why they are at work
    - Mediation between work colleagues
- Home life is happier
  - Examples
    - Eases stress in relationships
    - Eases stress about children
    - Eases tension around financial stress
- Productivity rises when staff are happier and working well together
- Change the dynamics of the team if it is not effective
  - Examples
    - Employees who are not performing generally do not want to be in this particular job
    - The treatments help with the clarity to find another job
    - New ideas and incentives can come to mind when treatments are done on a regular basis
- Less absenteeism and less presenteeism as the employee is now focused on the job at hand

\*\*\*Information is based on findings from working within businesses on a weekly basis for over 3 years\*\*\*