

Stress Takes a Toll

Recent research shows that stress is a major issue for many employees

51% Of employees say they have "high levels of stress with extreme fatigue/feeling out of control."⁵

50% Of employees miss one to two days of work per year due to stress.⁵

46% Of employees surveyed say they come to work one to four days a year when they are too stressed to be effective.⁵

90% Of all visits to primary care one to physicians are for stress-related complaints.¹

50% More is spent on Healthcare for workers who report high levels of stress.²

40% Of job turnover is due to stress.³

Stress accounts for \$26 million in medical and disability payments and \$95 billion in lost productivity per year.¹



"Meditation and Yoga are important relaxation techniques to reduce stress, increase energy and positive thinking. I highly recommend Annette Tersigni's programs, she teaches to many of my patients and is an expert in facilitating the healing process."

William Rawls, M.D. FACOG,
Soundside Health Care

1. Occupational Health and Safety news and the National Council on Compensation Insurance (USA)
2. Journal of Occupational and Environmental Medicine.
3. American Institute of Stress
4. Journal American Medical asso. 1998
5. Stress reduction clinic University of Mass Med Ctr.

Growing Popularity

Yoga Nurse® Stress Management integrates easily into your workplace making it easy for you to offer the healthy benefits of our onsite Yoga classes at your company.

Yoga is a scientific discipline that offers practical and definitive results while addressing tension in both the body and the mind. Yoga at the workplace has become popular in many companies nationwide because it reduces stress and it costs practically nothing to implement. Look who has onsite Yoga programs already:



IBM, Microsoft, HBO, Nike, Intel, AT&T, Forbes, Apple, GE, Chase, Qualcomm, US Marines, New York Police Dept., Bristol Myers, Standard Oil, and many more...



The deep breathing and relaxation employees get from yoga help them to be more focused. When they go back to work, they're in a position to make better decisions.

*Bill Doyle
HB Health and Fitness Director*

While most stress management workshops just talk about how to deal with stress, our yoga programs get results. Your employees will learn and experience proven techniques that have immediate and lasting effects.

Benefits	Companies	Employees
	Increases employee retention	Relieves fatigue
	Improves productivity	Enhances creative thinking
	Decreases absenteeism	Improves problem solving
	Improves job satisfaction	Increases energy
Improves overall company health	Lowers muscle tension and pain	



"Our employees emerge from Annette's classes calm, refreshed and positive. I highly recommend Annette's program as a valuable service in managing wellness in today's corporate workplace"

Beth Beswick, VP HR
Carteret General Hospital

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