

# Stress Less



80%  
satisfaction level

Moderate levels of stress can help us remain successful and motivated – but chronic stress can take a serious toll on employees' health, both physically and emotionally. **Stress Less** helps employees manage stress and become more productive throughout the day.

- 8-week educational program
- Self-paced
- Core areas of focus are sleep, exercise, relaxation, and personal development
- Trackers, tips, and promotional posters provided
- Surveys administered to track success



Studies show that stressed people:

- Are 30% less likely to eat well
- Are 25% less likely to exercise
- Are 200% more likely to fail at weight-loss programs
- Get half as much sleep as people reporting low levels of stress

#### Our experience:

- 47% of participants increased their quality of sleep
- 35% experienced decrease in level of stress
- 34% experienced improvement in mood
- 25% experienced weight-loss
- 21% experienced an increase in using relaxation techniques

[bsneny.com/partnerinhealth](https://bsneny.com/partnerinhealth)