

Learn how to handle your reactions to the stresses in your life.

What is Stress?

Stress can be defined as our mental, physical, emotional, and behavioral reactions to any perceived demands or threats.

There are two types of stress...

Distress is a continuous experience of feeling overwhelmed, oppressed, and behind in our responsibilities. It is the all encompassing sense of being imposed upon by difficulties with no light at the end of the tunnel. We often hear friends, coworkers, and family members talk about the problems they have in managing the stresses of everyday living. They say they feel "burned out," stressed out, overwhelmed, angry, irritable, depressed, anxious, and on the verge of "losing it."

We are living in unsettling times: layoffs loom as the economy slows, the pressures in the work force accelerate. People are expected to do more with less. As the pressure increases to shoulder more responsibility and improve performance, tension in the work place affects everyone there---including your clients and customers. When stress becomes distress; your employees react in physical, emotional, social and psychological ways, absenteeism increases, reducing production and lowering performance and decreasing your profits. Employees may exhibit other indications of chronic, and at times, overwhelming tension - they may complain of aches and pains; headaches; indigestion; muscle tension in the neck or shoulders; tiredness, insomnia and exhaustion; irritability or unprovoked displays of anger?

Is the body language around your office open and accepting, or closed and fearful?

Distress is preventable!

By acknowledging the challenge, addressing the affects, and learning how to manage your reactions to the stresses in your life. We can't control the economy. We can control our reactions to it.

Stress is a Normal Part of Life

Experiencing some amount of stress in our lives is protective and adaptive. Our responses to stress help our minds and bodies to prepare for difficult challenges, and to react appropriately in a time of crisis. In fact, a certain amount of stress is necessary to help us perform at our best. Stress adds flavor, challenge and opportunity to life. Without stress, life could become quite dull and unexciting.

Eustress (*good stress*) is the other form of stress that is positive and beneficial. Employees may feel challenged, but the sources of the stress are opportunities that are meaningful to them. Eustress helps provide us with energy and motivation to meet our responsibilities and achieve our goals. It encourages top performance and steady production in the office, store, and assembly line. An appropriate amount of pressure is a positive force motivating the employees, welcoming the clients and customers, and creating an optimistic atmosphere.

Positive Stress Brings Thrill to Life

Positive Stress, also called Eustress, an excitement felt by people when they are confronted by a demanding situation, which they think they can handle. This fills them with thrill and excitement. Like runners on the track, taking a ride on the roller coaster, taking up a challenging project at work.

The results are their own reward: a pride in accomplishment of a job well done. When your employees are working under an appropriate amount of pressure, they do their jobs and do them well.

Positive stress makes life worthwhile.

"Marlene taught me a few simple techniques to reduce stress whenever I felt my shoulders tighten. I no longer feel that I am failing myself, or failing to meet any of my personal or professional goals because of the anxiety I associated with my work."

MLD, Ontario

Lower the DISTRESS, Raise the productivity...

An on-site wellness workshop led by Marlene George, Health, Wellness, Business Expert and Coach, can help reduce tension in the work place and improve employee performance and customer service.

As soon as you reduce the levels of stress in your office from distress to productive pressure, you raise employee performance and your profits.

Learn techniques to restore, renew, and rejuvenate your staff, employees, and associates. A 30 second solution to excess stress, a skill set to cope with everyday tension, pressures, and problems, an extended exercise to use in the privacy of your home or office; are all available in Marlene George's Stress Breaks.

Employees will benefit from:

- A Stress Assessment
- Stress Less Exercise
- A 30 Second Solution to Distress

Specific learning objectives include:

- Understand that stress is a positive, unavoidable part of everybody's life
- Recognize the symptoms that tell you when you have chronic stress overload
- Identify those situations in your life that cause you the greatest stress
- Identify those actions which add to your stress
- Change the situations and actions that can be changed
- Deal better with situations and actions that can't be changed
- Create an action plan for work, home, and play to help reduce and manage stress

Marlene offers several options to accommodate your business schedule.

- Lunch & Learn
- AM or PM Workshop
- Full day retreat

Marlene George started getting into alternative health in 1987, through a desire to heal some of the issues from her past. She explored various forms of alternative health, becoming trained in the hands-on methods of Therapeutic Touch™, CranioSacral Therapy, Reiki and other transformational forms of therapy such as breath, anger, stress and deliberate creation workshops.



For the past twenty years Marlene has operated a full time practice in her home in Brampton. She teaches workshops, does private consultations and healing in Ontario, South Africa, Mexico and the United States. She has had many radio and T.V. Interviews.

Marlene's methods encourage the student to discover his/her truth and she provides a safe, comfortable space to facilitate this process. Her skill, compassion and understanding has enriched many lives. What inspires her most is her vision to share her work with those who are on a continuous quest to become all that they desire and to make their dream a reality.

Marlene's book, "Your Life is Now!" and CD recordings of her Visualizations - "Health," "Happiness," and "Harmony," are available on line at www.marlenegeorge.com.

Visit Marlene's website for other self help CD recordings and her most recent audio book.

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Stress for Success



Managers can create a 'good stress' environment and propel employees to success.

Five keys to transforming stress into success:

1. Manage perfectionism
2. Empower Yourself
3. Develop stress management skills
4. Focus on what you want, not what you don't have
5. Make decisions and take action

When you create a 'good stress' environment you maximize the efficiency and quality of your employees' work.

You reduce the risk of injury to the musculoskeletal system of your most valuable asset - your worker.

"Before Marlene's Stress for Success workshop, my colleagues were snapping at each other, and at our best customers," "Marlene taught us new skills to use at work and at home whenever we need a stress break."

TBH, Toronto, Ontario

Stress for Success

Lower the DISTRESS,

Raise the productivity...



Schedule a Stress Break Workshop to restore the positive spirit in your office by learning how to handle your reactions to the stresses in your life.

Workshops led by Marlene George, Health, Wellness, and Business Coach

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