



HOW STRESS COSTS YOU MONEY

Are you considering a health promotion or On-Site Chair Massage program, postural assessment services, self-care workshops, or a health care event at your workplace? Here are a few points to ponder about the bottom line. Recent studies show:

- The average back and neck pain case costs business and industry \$24,000/year
- Up to 90% of all visits to primary care physicians are for stress-related complaints
- Up to 80% of industrial accidents are due to stress
- Over 50% of lost work days are stress-related
- 14% of all workers say stress caused them to quit or change jobs in the previous two years

Source: "Employee Burnout: America's Newest Epidemic" (Northwestern National Life); "Job Stress: The 20th Century Disease" (UN International Labor Organization); "Mitchum Report on Stress in the '90's."

LOOK AT THE RESEARCH THAT SHOWS HOW YOU CAN COMBAT WORKPLACE STRESS

Touch Research Institute at www6.miami.edu/touch-research/Massage.htm publishes the following:

Job Stress

Abstract One

Field, T., Ironson, G., Scafidi, F., Nawrocki, T., Goncalves, A., Burman, I., Pickens, J., Fox, N., Schanberg, S., and Kuhn, C. **Massage therapy reduces anxiety and enhances EEG pattern of alertness and math**

computations. International Journal of Neuroscience 86(3-4), 197-205. 9-1996. Ref Type: Journal

Abstract: Twenty-six adults were given a chair massage and 24 control group adults were asked to relax in the massage chair for 15 minutes, two times per week for five weeks. On the first and last days of the study they were monitored for EEG, before, during and after the sessions. In addition, before and after the sessions they performed math computations, they completed POMS Depression and State Anxiety Scales and they provided a saliva sample for cortisol. At the beginning of the sessions they completed Life Events, Job Stress and Chronic POMS Depression Scales. Group by repeated measures and post hoc analyses revealed the following: 1) frontal delta power increased for both groups, suggesting relaxation; 2) the massage group showed decreased frontal alpha and beta power (suggesting enhanced alertness); while the control group showed increased alpha and beta

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power; 3) the massage group showed increased speed and accuracy on math computations while the control group did not change; 4) anxiety levels were lower following the massage but not the control sessions, although mood state was less depressed following both the massage and control sessions; 5) salivary cortisol levels were lower following the massage but not the control sessions but only on the first day; and 6) at the end of the 5 week period depression scores were lower for both groups but job stress score were lower only for the massage group

Abstract Two

Cady, S. H. and Jones, G. E. **Massage therapy as a workplace intervention for reduction of stress.**

Perceptual & Motor Skills 84(1), 157-158. 2-1997. Ref Type: Journal

Abstract: This study evaluated the effectiveness of a 15-min. on-site massage while seated in a chair on reducing stress as indicated by blood pressure. 52 employed participants' blood pressures were measured before and after a 15-min. massage at work. Analysis showed a significant reduction in participants' systolic and diastolic blood pressure after receiving the massage although there was no control group

Abstract Three

Field, T., Quintino, O., Henteleff, T., Wells-Keife, L., and Delvecchio-Feinberg, G. **Job stress reduction therapies.** Alternative Therapies in Health and Medicine 3(4), 54-56. 7-1997. Ref Type: Journal

Abstract: BACKGROUND: Job stress among healthcare workers has received more attention in recent years, perhaps because these professionals are prime candidates for high stress levels. METHOD: The immediate effects of brief massage therapy, music relaxation with visual imagery, muscle relaxation, and social support group sessions were assessed in 100 hospital employees at a major public hospital. DESIGN: The effects of the therapies were assessed using a within-subjects pre-post test design and by comparisons across groups. RESULTS: Groups reported decreases in anxiety, depression, fatigue, and confusion, as well as increased vigor following the sessions. CONCLUSION: That the groups did not differ on these variables suggests that these particular therapies, when applied for short periods of time, are equally effective for reducing stress among hospital employees

We can provide On-Site Massage for job stress, help evaluate postural imbalances that cause pain on-site, provide specific self-care and wellness recommendations and workshops, and support healthy habits of the employees and management in your workplace. For more information, contact us at:

888-395-7140 or 630-355-5125

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