



The Healthy Workplace: Everyday Mindfulness to Reduce Stress

Job stress is estimated to cost employers \$300 billion a year in **absenteeism, turnover, diminished productivity and medical, legal and insurance costs**. The key to stress reduction is not eliminating the sources of stress in your life; it is learning how to respond to them. Finding balance in family, work and social commitments requires that we develop healthy and effective life skills.

Mindfulness is the basic platform for living a healthy life with poise, dignity and creative engagement. We can practice it at any time and in any circumstance. When we practice it we get better at it. There is an ongoing explosion of research that proves the rewards of mindfulness are significant and guaranteed.

Benefits Include:

- Reduced Stress and Anxiety
- Enhanced Focus, Clarity and Creative Thinking
- Strengthened Immune System
- Enhanced Communication Skills
- Improved Ability to Respond Rather Than React to Stressful Situations

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Learn the simple practice of focusing on the present moment and cultivating stillness of mind and body. In the workplace mindfulness helps to **build teamwork, enhance creativity, improve communication and resolve conflict**. Employees will be given concrete skills and practices to use at work and home to reduce stress.

Seminar content is customized to meet your organizations individual needs and can be offered as a one-time seminar or as multiple session trainings. Join the growing trend of bringing mindfulness to your workplace. Call today to learn more about this exciting program.

**For more information, contact Lisa Vosbeek
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