

CORPORATE STRESS MANAGEMENT THROUGH DIETARY & LIFESTYLE MODIFICATION



How Stress Affects Us

Zzzzz
Chronic Fatigue

60% to 80% of primary care doctor visits are related to stress, yet only 3% of patients receive stress management help.

(JAMA Intern Med. 2013;173(1):76-77)

Headaches, Dizziness, ADD/ADHD, Anxiety, Irritability & Anger, Panic Disorders

Grinding Teeth & Tension in Jaw

Increased Heart Rate, Strokes, Heart Disease, Hypertension, Diabetes Type I & II, Arrhythmias

Digestive Disorders, Upset Stomach, Abdominal Pain, Irritable Bowel Syndrome

Weight Gain & Obesity

Decreased Sex Drive

Muscle Tension, Fibromyalgia, Complex Regional Pain Syndrome

STRESS ADVERSELY AFFECTS THE MIND & ENTIRE BODY



42% of Americans report lying awake at night due to stress
(American Psychological Association Stress in America Report 2013)

DECREASED ENERGY LEVEL, MOOD & APPETITE

Qualified under HRDF SBL Scheme

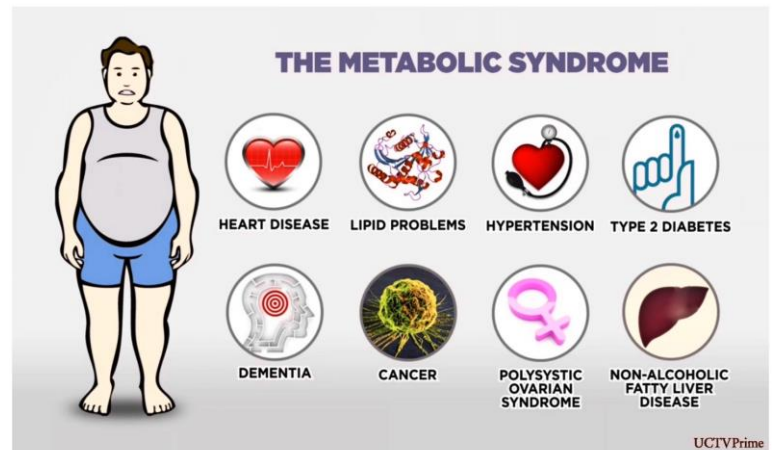
COURSE CONTENT

- Introduction to **Stress** and sources of stress
- Impact of stress on work performance, mental and physical in **short** and **long term**
- The stress, health and diet **link**
- **How & why** chronic stress can lead to these chronic health disorders :

- Heart disease
- Stroke
- Cancer
- Overweight/obesity
- Hypertension
- Diabetes

- Common food and beverages that worsen stress
- **Dietary modification** to address chronic health disorders
- **Do's** and **don'ts** in stress management
- **How** chronic health disorders affect employees' work performance and productivity

Metabolic syndrome is a disorder of energy utilization and storage, which may cause the health issues below:



Value to Participants

- Understand what stress is and link the impact of stress to mental, physical and work performance.
- Identify the different types of stress and its root causes.
- Acquire modern medical knowledge on how stress is linked to the initiation and progression of many common chronic health disorders.
- Gain ownership in managing health to achieve peak performance and high productivity.
- Learn how to manage stress through Anti-stress diets, techniques & lifestyle.
- Application of dietary modification for a healthier, happier and productive person at workplace and home.