

## **Andy Core Program Description**

### **Stress Right:**

*How to better dodge, withstand and use stress to your advantage*

Stress is a healthy living silent killer. Some facts:

- Can cost an organization \$7500 per worker, per year (if they make at least \$25/hr)
- Likely behind 9 out of 10 visits to primary care physicians
- #1 cause of lower back pain
- Acts as a reinforcement for the top 7 killers of both men and women
- Makes life way harder than it should be

My job is to share what is really behind many of the problems facing your you and organization. Can you beat stress? You bet. Learning to Stress Right will enable you to:

- Take four “must do” steps that turns stress into positive energy
- Maximize your adrenaline, but manage it so you do not “hit the wall”
- Significantly reduce the hormone that makes you want to strangle people
- Plug in a pre-sleep ritual that makes you sleep like a log
- Beat stress eating and other negative thought related patterns
- Keep family and friends happy when you are busy
- Learn new patterns to make healthy choices automatic