

# Fisher & Associates Solutions

Organizational Health & Employee Wellness Specialists  
Successfully Addressing Workplace Stress, Burnout & Trauma

Email: [info@fisherandassociates.org](mailto:info@fisherandassociates.org)  
Website: [www.fisherandassociates.org](http://www.fisherandassociates.org)

Build Capacity

Promote Resiliency

Increase Coping Skills

## STRESS REDUCTION STRATEGIES: The Mind-Body Connection

A SPECIALIZED PROGRAM PROVIDED BY FISHER & ASSOCIATES SOLUTIONS

Developed by: Monica Flexhaug, BSc., MHS ©2008, Fisher & Associates Solutions Inc.

### BACKGROUND

The relaxation response is the state of being where you are relaxed (not in a stressed state, or fight or flight mode) and is the body's natural antidote to stress.

The relaxation response is demonstrated to have many benefits including:

- Supporting health and well-being
- Promotes creative thinking, problem solving and memory
- Helping us interact more effectively

This workshop focuses on the need for the body and mind to experience a relaxed state in order to function optimally.

Breathing exercises, progressive relaxation, and visualization (guided imagery) are three powerful techniques for reducing stress and helping to bring about the desired relaxed state in mind and body. During this workshop, these three techniques will be experientially taught. Take-home guides are included for practice and future reference until the skills have become a component of participant's stress buster toolbox. The workshop can be provided as a half-day or full-day session.

### GOALS & OBJECTIVES

The goals and objectives of the workshop are:

- To explore with participants the benefits of relaxation techniques that enhance the mind and body connection, and assist with stress management.
- To experientially explore relaxation techniques in a safe, learning environment.
- To consider what is necessary at the individual level to make the skills a component of participant's stress management regime.

This workshop recognizes that some participants may come with an already established set of relaxation techniques while for others the experience may be completely new. This potential mix enhances the learning in that:

- Participants learn from their peers about the benefits.
- New techniques or enhancements to current techniques are explored.
- Opportunities to learn of many resources that can be applied both at the workplace and home are provided.
- Participants will experience the immediate response from the mind-body connection that will be enhanced as they practice the techniques.

Finally, participants will have experienced at least one half day of relaxation and self-reflection, time focused specifically on themselves and enhancing their health.

### PROCESS

This half-day workshop is primarily experiential, involving a combination of overheads, small and large group discussions, individual reflection exercises, and lecture format to assist participants in meeting the goals stated above. Each participant will receive a copy of the workshop participant booklet, including:

- Background information and relevant theory.
- Workshop exercises and references.
- Take-home guides and supporting resources

Subsequent to the workshop, and while maintaining participant confidentiality, the program facilitator will prepare a brief summary report and recommendations for the organization.

#### CANADA

Fisher & Associates Solutions, Inc.  
149 St. Lawrence St., Victoria, BC, V8V 1X9  
Ph. 250 595-1425, Fax. 250 595-1435

#### USA

Fisher & Associates Solutions, LLC.  
6 South Van Dyke Ave., Suffern, NY 10901  
Ph. 845 504-0979, Fax. 250-595-1435