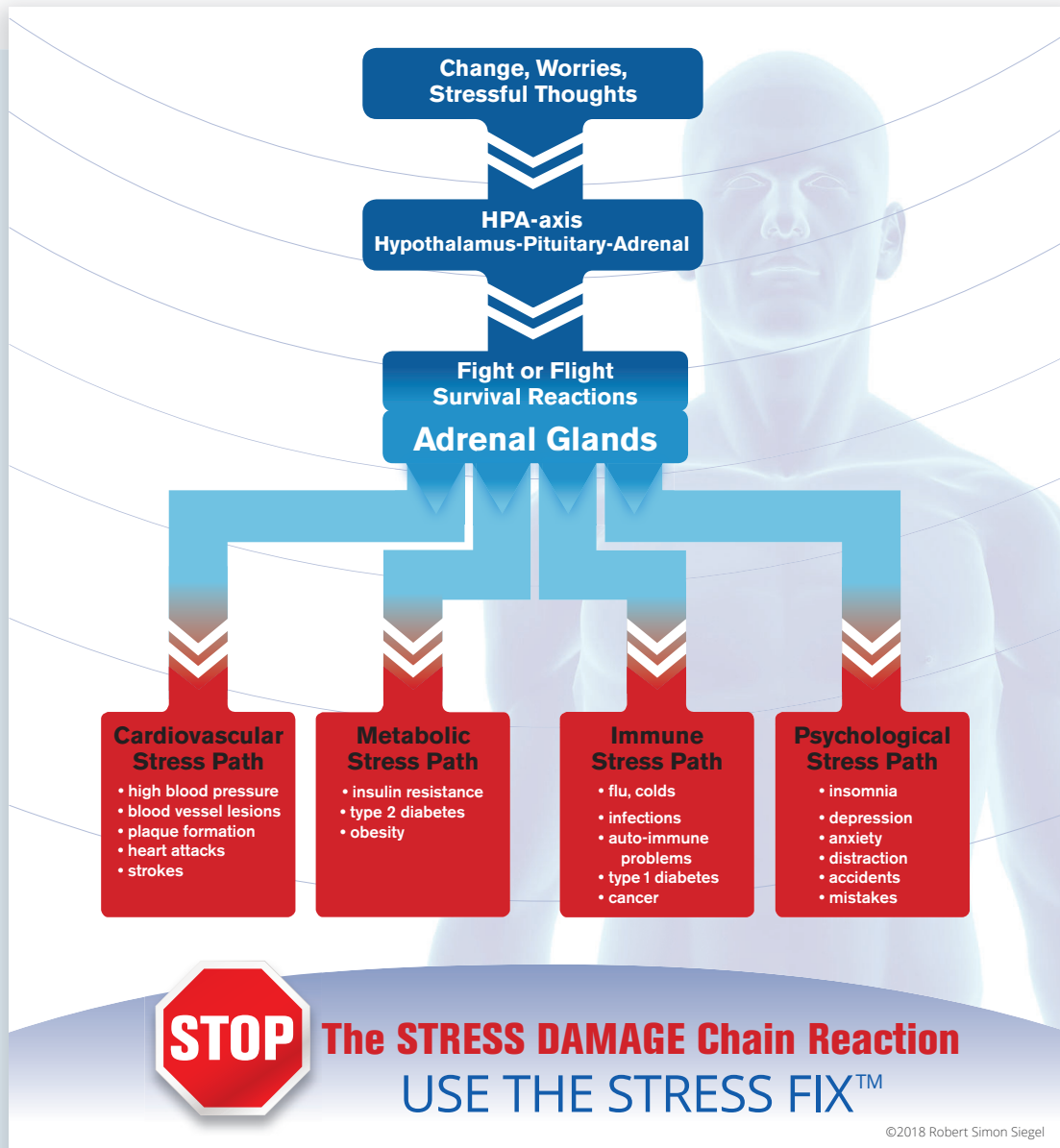


Stress Damage Chain Reactions

Primary Source of Most Illness & Lost Time Costs



STRESS FACTS: Did You Know

60%-90% of all primary care doctor visits are stress-related. (Harvard Business Review)

50% of absenteeism is stress-related. (European Agency for Safety and Health — USA workers)

How? Stressful thoughts each trigger the HPA-axis, resulting in hundreds of stress damage chain reactions daily, progressively causing symptoms, illness and disease along four major stress pathways. Stress damage is now preventable. Significant health gains, productivity increases and financial savings result.