



Stress Free Now

A CLEVELAND CLINIC WELLNESS PROGRAM

What is Stress Free Now?

Findings from the 2015 Stress in America™ survey show that, for many of us, stress gets in the way of living well and reaching our health and lifestyle goals. Although we know that stress significantly impacts our health and well-being, the survey also demonstrated that the majority of Americans do not have an effective way to address stress.

Stress Free Now is a clinically-based, six-week online program that contains the tools you need to reduce stress and improve your well-being and your health. The program was developed by experts at the world-renowned Cleveland Clinic and is based on mindfulness practice, which is what research shows is most effective in mitigating the impact of stress on your quality of life.

By following this program, you will become more in control of your stress, reduce your risk of developing stress-related diseases and live a happier, more fulfilling life.

It Works!

Through our research studies with participants following Stress Free Now, we found that this stress management initiative drove down perceived stress from very high levels to average. We also saw impressive gains around emotional well-being, with participants who completed the program and performed the relaxation practice regularly showing the most dramatic improvements.

What Dr. Roizen Says...

"Stress is the greatest ager of your body in general, especially the nagging, unfinished-tasks kinds of stress that hang over you day after day or the stress of things that are out of your control...Just as chronic stress can damage your heart, actively working at reducing stress will keep your heart healthier. Therapies like meditation and relaxation techniques can teach you how to tolerate the stressful elements in your life...and how to tone down your body's physical response to stress."

Michael F. Roizen, MD, Chief Wellness Officer

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What does the program include?

Stress Free Now provides six weeks' worth of effective stress therapy without leaving home. Participants will receive:

- Ten specially crafted relaxation practices – the heart of the program
- Daily strategies with step-by-step instructions that will help you more effectively respond to life's stressors and move toward feeling happier
- Emails every Monday, Wednesday and Friday that highlight the topic of the day and remind you to do the relaxation practice
- Your personalized stress score – a short quiz before and after your program will provide you with important information on how your stress may be affecting your health and your quality of life
- 42 educational topics to help you develop the ability to live mindfully by providing you with information on the science of what you are applying to your life
- Customized dashboard overview – a report of your progress, including which week of the program you are on, how much reading you are doing, and how often each week you do a relaxation practice

How does Stress Free Now work?

When you repeatedly feel exhausted and unable to meet life's demands, you are experiencing chronic stress. Relaxation techniques such as mindfulness meditation can help. Stress Free Now is based on mindfulness practice because research shows that it is what is most effective in mitigating the impact of stress on health and quality of life. It is a systematic approach to developing new clarity and peace through deep relaxation. In addition to mindfulness practice, it's important to engage in a lifestyle that protects you from stress, including getting regular exercise and eating a healthy diet. If you work to change these factors — your exercise habits, your diet and your mindset about life's challenges — you will be setting the stage for a calmer, healthier, happier you.

For further information, visit ClevelandClinicWellness.com/relax.