

SOLISTHERAPIES

gentle healing for mind, body and spirit

Corporate Services

In this increasingly fast paced modern world we live in, the everyday pressures we have to face such as traffic congestion, pollution, noise, overcrowding, job insecurity etc. are all stressors which take their toll upon our physical, mental and emotional well-being. Tackling stress is particularly important.

A certain kind of stress can be motivating, but on the other hand, a noisy environment, deadlines, sitting all day in front of a computer screen, work overload, rushing from meeting to meeting, difficult clients or work colleagues etc., can all create a build up of negative stress which can eventually lead to illness.

"Stressed workers suffer a greatly increased risk of heart disease. Stressful jobs have a direct biological impact on the body. Workers under 50 who said their work was stressful were 68% more likely to develop heart disease than the stress-free."
European Heart Journal

"Stress is still seen as the biggest threat to the welfare of the UK workers with more than four in ten senior human resource professionals surveyed singling out stress as the main health concern of the workforce." *HSA*

The Health and Safety Executive has indicated that:

- Stress is likely to become the most dangerous risk to business in the early part of the 21st century.
- One in five workers report feeling extremely stressed at work. This equates to 5 million in the UK.
- Self-reported work-related stress, depression or anxiety account for an estimated 10.5 million reported lost working days per year in Britain.

fortunately ... negative stress can be controlled

For over a decade, as a preventative measure to reduce stress in the workplace, SolisTherapies has been providing regular On-Site Seated Massage, Reflexology, Indian Head Massage and Reiki in both private and public sector companies throughout Cardiff and Wales.

SolisTherapies also provides professional group training in self-help Stress Management Techniques that staff can easily learn and apply to reduce stress. This service can also be provided on a one-on-one basis.

Prevention is better than cure.

On-Site Seated Massage is fast becoming a popular method of health care management in the workplace and many companies make use of our services incorporating massage into their special events, as a staff reward and their wellness activities (Corporate Health Standard).

We have worked with the National Assembly for Wales (in regional offices throughout Wales) NHS Local Health Boards, NHS Business Service Centres, Breast Cancer Wales, Estyn (Her Majesty's Inspectorate of Education Training in Wales) and The Care Council for Wales. Private sector companies we have worked with include Economy Power, EON, HBOS, Job Centre Plus, Knight Frank, ITV Digital and BT.

"What is stress?"

The physical signs of stress are:

Headaches, digestive disorders, insomnia, a feeling of constant fatigue, ulcers, overeating or loss of appetite, eczema, muscular aches and pains, nausea and breathlessness, dry mouth, high blood pressure.

The emotional signs of stress are:

Loss of confidence in personal ability, often coupled with a lack of self-worth, becoming over emotional, depression, lack of sense of humour and an ability to concentrate of the simplest of tasks. Panic attacks, poor concentration, inability to make decisions, difficulty in remembering, feelings of failure and helplessness, guilt and sadness.

Please note that you should visit your doctor if you suffer any of the above symptoms.

Why should I consider introducing On-Site Seated Massage into my company?

- It can help reduce absenteeism.
- It can stimulate extra production and profitability.
- It can help achieve a work-life balance.
- It can be integrated into existing staff fitness and wellbeing programmes.
- It can be used at product launches, exhibitions, health fairs, and conventions.
- It can be used to stimulate and reward loyal customers and staff.
- It can provide a relaxed and productive atmosphere at work.

What are the advantages of On-Site Seated Massage in the workplace?

- It is quick to carry out - normally between 15 and 20 minutes per staff member.
- Little space is needed and it can even be done at the workstation.
- No oils or creams are used and people do not have to remove more than minimal clothing.
- It can be taxably advantageous to the company.
- The therapist provides a special ergonomic chair. A desktop unit can be utilised for disabled wheelchair bound and partially sighted staff.

The team at SolisTherapies are always happy to bring their ergonomically designed massage chairs to your company, trade show stand, expo, health fair or special event anywhere in Wales and the UK.

Group Training in Stress Management Techniques

SolisTherapies offers corporate group training in highly effective Relaxation and Stress Management techniques designed with the aim of teaching self-empowerment skills to the staff which they can then use on themselves to reduce anxiety, fear of public speaking, work-related fears or issues, self-confidence issues, problem relationships with colleagues etc.

- We also work with addictions, especially smoking. Valuable work time and money can be wasted by the need to go outside several times a day to smoke a cigarette.
- Both businesses and staff can benefit with our Quit Smoking Services
- Training on a one-to-one basis is also available.

Contact us to discuss how SolisTherapies could benefit your company.