



About Optimum Health Resources

Founded in 1997 by Dr. Dave Rainham M.D., C.C.F.P., the mandate of Optimum Health Resources is to disseminate current, accurate and easy to understand information regarding stress and its impact on health, and to provide practical steps to help permanently minimize and/or control stress in the workplace.

Dr. Rainham is a family physician in Kitchener, Ontario. He has worked for many years in Occupational Health in hospitals and in the manufacturing setting. He is an Associate Professor in the Department of Family Practice at the University of Western Ontario, Canada and a Fellow of the American Institute of Stress.

To-date more than 115,000 of his books, booklets and audio programs have been sold internationally. A highly-rated speaker, his sessions are always filled with laughter and learning.

What people are saying:

"I find your material exactly what I've been looking for: informative, pertinent, easy to read, concise, great illustrations and quotes, humour throughout and very reasonably priced".

Joan Niles, R.N. Cornwall General Hospital, Ontario

"Dynamic personality.....could have listened with interest for days"
High School Seminar participant

"Your creativeness, clarity and sense of humour come through the materials so immediately, making the use of them immensely helpful and enjoyable".

Jeffrey M. Ring, Ph.D. White Memorial Medical Center, Los Angeles

**Take the first step to a healthier,
happier workplace today!**

For more information and a personal consultation contact:

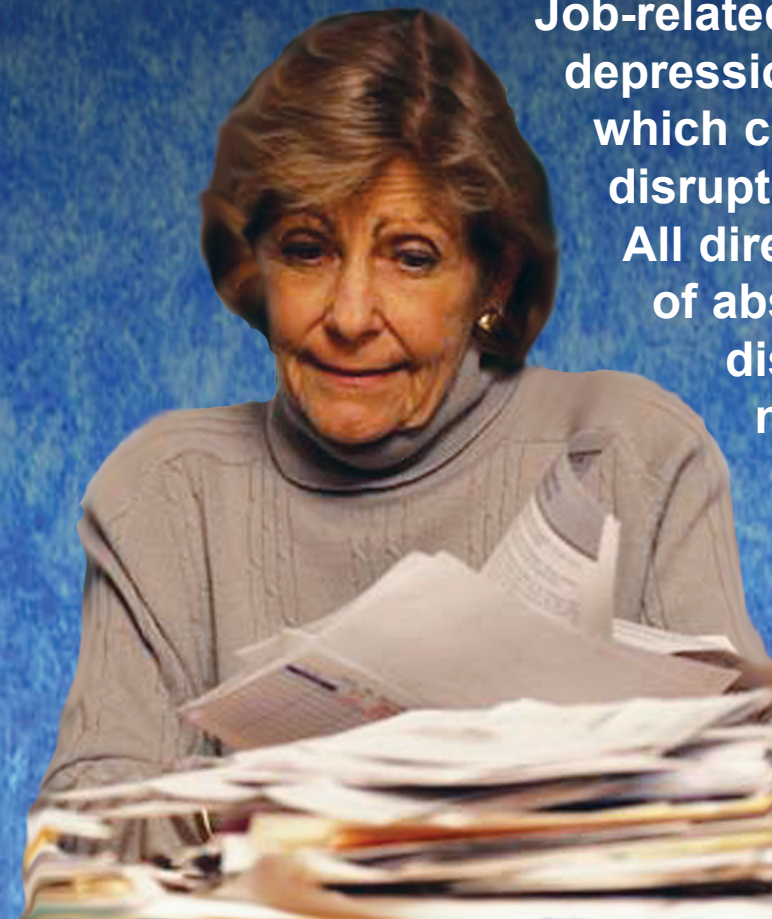


(519) 571-7904 or 1-800-771-5776

www.stresswinner.com

STRESS

**it's bad
for business**

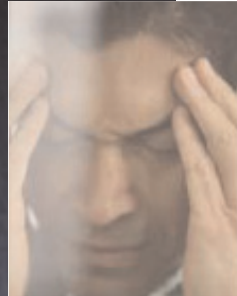


Job-related stress, anxiety and depression are common disorders which can be very expensive and disruptive to businesses. All directly influence rates of absenteeism, short-term disability, and, while negatively affecting performance, they also help to worsen almost every other medical condition.



Identifying work-related stress

A life sprinkled with challenges is the route to happiness for many people. Challenges tend to energize them mentally and physically, while motivating them to learn new skills and explore new avenues of thought. When they prevail, they feel elated, proud and fulfilled. Stress is a condition that can occur when an individual is convinced that the challenges he or she faces regularly are insurmountable. Pressure and mental strain mount over time, often resulting in burnout or illness.



Some causes of stress

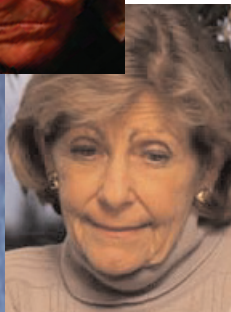
Work Roles: Conflicting or uncertain expectations, too much responsibility, too many 'hats to wear'.

Tasks: Heavy workload, long work hours, shift work, lack of meaning and control, rapid changes. continual uncertainty.

Management Style: Workers have no say. Poor communication. No family-friendly policies. Abusive.

Relationships: Lack of support from co-workers and supervisors.

Environment: Unpleasant or dangerous: noise, pollution, poor ergonomics.



The Optimum Health Rx for stress reduction

Start with this basic formula:

- Identify the main stressors
- Educate management
- Educate and support employees
- Make and implement a plan
- Follow up regularly

Our educational materials, workshops and training programs are designed to assist in the prevention and management of symptoms related to anxiety, tension and overload.

Take action now!

The Optimum Health Action Plan

Keys to a happier and more productive workplace

1. The 'STRESS OF WORKING' CD package

Install on a network or individual computers. It's a strong foundation for your stress management strategy

- 25 main sections, indexed and referenced to facilitate access. Topics include: Stress Symptoms, Worry, Problem Solving, Work-Related Stresses including Shift Work, Relaxation, Lifestyle Change, Attitudes, Communication, Conflict Resolution, Time Management and much more.
 - A comprehensive resource for managers and employee health departments.
 - Easy to understand text — written at grade 5-6 level
 - Stress is presented visually in the framework of a 'contest'. Each item is easy to remember and implement
 - All sections have questionnaires, a one page summary and a resource list
 - Sections may be copied as needed to be utilized by employee health or human resources staff for training or reinforcement of advice
 - Relevant quotes and jokes are included to enhance handouts, posters and in-house workshops or seminar materials
 - Comes complete with a bound hard copy, a relaxation CD and 6 books for distribution to various departments
- Package Price: \$599.00**

2. 'CD PACKAGE' + Workshop/Seminar or Keynote with the author

Length: 1/2 day to 2 days

Price: Negotiable depending on location and time desired

3. 'STRESS PACKAGE'

Adds: An organizational survey and workshops with various departments, and includes a full report.

Price: Negotiable depending on location and time desired

4. 'STRESS PACKAGE PLUS'

Includes facilitator training

Price: Negotiable, depending on location and time desired

