



# Stress Free Now

A CLEVELAND CLINIC WELLNESS PROGRAM

## What is Stress Free Now?

Findings from the 2010 Stress in America survey show that the majority of Americans are living with moderate or high levels of 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, is Chief Wellness Officer at the Cleveland Clinic and co-author of *You: The Owner's Manual* with Dr. Mehmet C. Oz.

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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:

- Six 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
- Daily e-mails that highlight the topic of the day, offer an inspiring quote, and remind you to do the relaxation practice
- A stress assessment designed to measure your perceived stress and overall well-being at the start and end of the program
- Daily topics that help you get the most out of the program by providing you with information on the science of what you are applying to your life
- Personal progress chart

### 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.



Cleveland HeartLab is pleased to provide you with complimentary access to the Stress Free Now online program designed by the wellness team at the world-famous Cleveland Clinic.

If you have questions, please contact our customer service department at [866.358.9828](tel:866.358.9828).