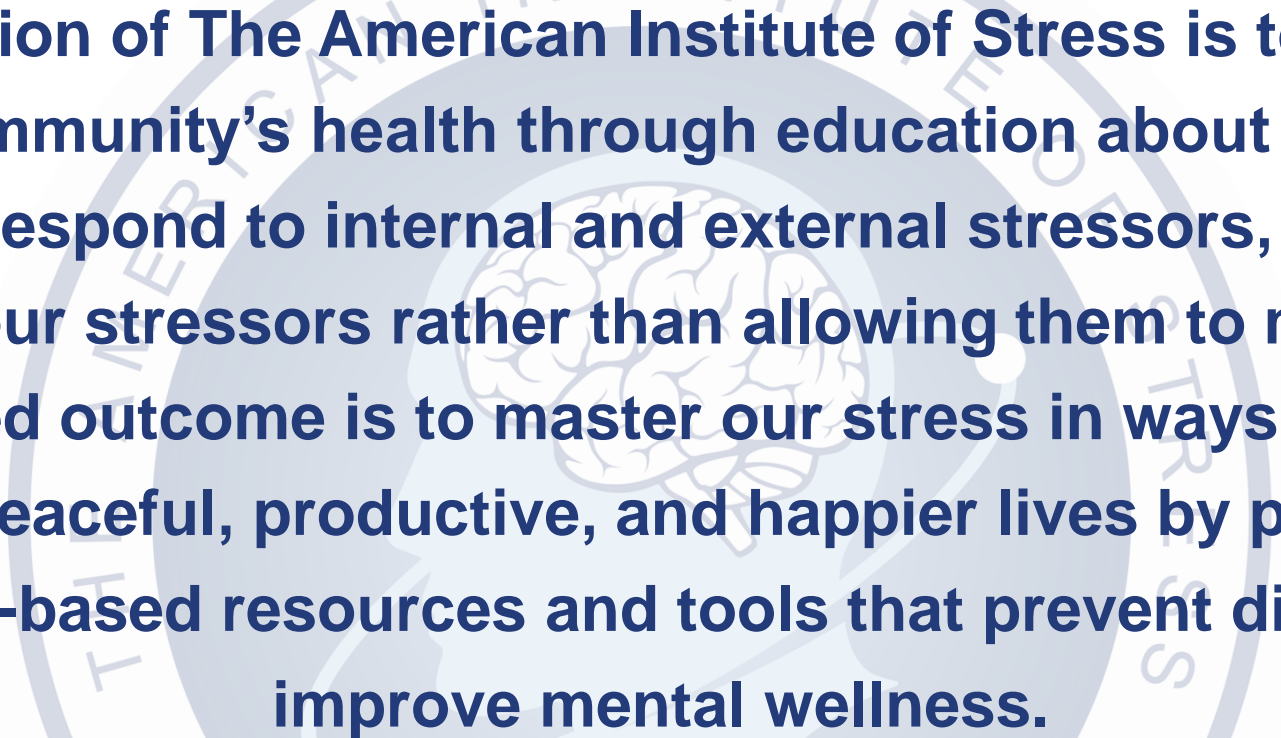


Employee Assistance Program (EAP) Enhancement Resources



**The American
Institute of Stress**



The mission of The American Institute of Stress is to improve the community's health through education about how we naturally respond to internal and external stressors, and how to manage our stressors rather than allowing them to manage us. Our desired outcome is to master our stress in ways that lead to more peaceful, productive, and happier lives by providing evidence-based resources and tools that prevent disease and improve mental wellness.

AIS is the only institution in America exclusively devoted to understanding and managing stress.



The Cost of Stress

Besides the toll on a person's health, stress costs businesses (and the economy) billions of dollars in absenteeism, presenteeism, decreased productivity, lower output, employee turnover, and healthcare costs.

Because workplace stress is inevitable, providing stress management education and tools can mitigate stress and lower its costs to the business over time.

- An estimated **1 million workers** are absent every day because of stress.
- Job stress is estimated to cost the US industry more than **\$300 billion** in losses due to absenteeism, diminished productivity, and accidents.
- Over **5 work hours are lost weekly** to employees thinking about their stressors.
- Work-related stress costs the United States **\$190 billion** in annual healthcare costs.



EAP AIS Member

Membership in The American Institute of Stress distinguishes an Employee Assistance Program (EAP) as a leader in effective evidence-based stress management techniques. EAP benefits are enhanced by incorporating resources from the nonprofit The American Institute of Stress (AIS) that educates its Members on stress physiology and stress management techniques to improve mental and physical health.

This ensures employees learn how to manage their stress before it manages them, providing resources in easy to understand, practical formats.



EAP AIS Member Benefits

- **Documentaries**
 - Mismatched: Your Brain Under Stress
 - The Body Electric
 - The Brain Electric
- **Webinars**
- **Access to AIS New and Archived AIS Produced Magazines**
 - Health and Stress
 - Contentment
 - Combat Stress
- **Assessments**
 - Stress Mastery Questionary (SMQ)
 - The Rosch Stress Profiler (RSP)
 - The Workplace Stress Scale
 - Holmes-Rahe Life Stress Inventory
- **Courses**
 - Stress to Joy
 - Workforce Resilience and Well-being Course
- **Finding Contentment Podcast**

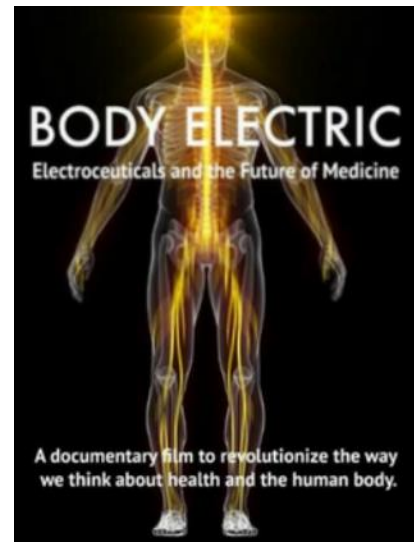




AIS Produced Documentaries



Mismatched: Your Brain Under Stress is a 6-part documentary series produced by The American Institute of Stress featuring some of the world's leading experts on stress. Their collective experience stretches from the first experiments done on the mind/body connection to the latest research into unravelling the unconscious mind. As entertaining as it is informative, *Mismatched* teaches us about stress and how to master it.



The Body Electric: Electroceuticals and the Future of Medicine Life is electric. Our vital signs, in particular, our heart rate and rhythm, and brain activity, are electrical signals that doctors use to diagnose medical problems. But the electric nature of life runs much deeper than this. For centuries, scientists have postulated the existence of an electrical or electromagnetic field that governs all life. *The Body Electric* has the potential to revolutionize medicine.



The Brain Electric: Healing Wave of the Future In the *Brain Electric* documentary we travel across America to investigate how Alpha-Stim© technology is being used by leading research organizations, the military, and many others, as an alternative to medications, even for people in the most devastating situations, such as in Service Members and Veterans with severe post-traumatic stress and advanced cancer patients.

Click pictures to watch.



Webinars

The American Institute of Stress webinars are designed to help employees gain practical tools and insights for reducing stress in everyday life. Led by experts in the field, each session covers key topics like coping mechanisms, mindfulness, and strategies to build resilience. Whether you're facing workplace stress, personal challenges, or just seeking a healthier work-life balance, our webinars will provide you with actionable advice to manage stress effectively.

Don't miss this opportunity to start your journey toward a healthier, stress-free lifestyle!

Success Without Stress – How Leaders Can Build Resilience



**Rozina Lakhani,
MD, FAIS**

Can you actually succeed without stress? Many leaders consciously or unconsciously believe that if they want to be successful, their life has to be stressful. As passionate leaders worry about others more than themselves, they are at double the risk of stress leading to burnout, anxiety, depression, and physical problems.



Dennis Morris

Safeguarding Employees' Daily Living

Organizations have a responsibility to ensure their employees' mental and emotional health is protected. Over the last year, workforces have changed, and the top companies are making the adjustments necessary to keep individuals and teams psychologically safe.

Click pictures to find out more.

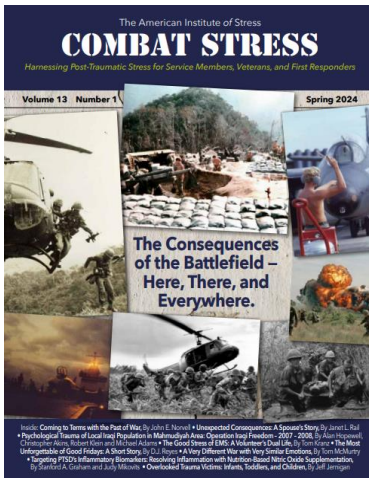


AIS Press Magazines



Contentment Magazine

The dictionary defines “content” as being in a state of peaceful happiness. The AIS magazine is called Contentment because we want all of our guests and members to find contentment in their lives by learning about stress management and finding what works best for each of them. Stress is unavoidable and comes in many shapes and sizes that make being in a state of peaceful happiness seem like a very lofty goal. But happiness is easy to find once you can find ways to manage your stress and maintain a healthy perspective when going through difficult times in life. *You will always have stress, but stress does not always have you!*



Combat Stress Magazine

Combat Stress magazine is written with our military Service Members, Veterans, first responders, and their families in mind. Stress comes in many shapes and sizes. It can even be considered a part of who we are. Serving in the military or being a police officer, firefighter or paramedic brings unique challenges and some extraordinarily bad days. The American Institute of Stress is dedicated to helping you, our Heroes and their families, cope with and heal your mind and body from the stress associated with your careers and sacrifices.

Click pictures to view issue.



Assessments



Stress Mastery Questionnaire – AIS Certified

Are you ready to lead a less stressed, more enjoyable life? This is a quick online self-assessment and you will receive your personalized Stress Mastery Report (19pp) along with Dr. James Petersen's Stress Mastery Guide. The SMQ can help you understand how stress is affecting you and how to master your stress.



Holmes-Rahe Life Stress Inventory

A tool that assigns point values to various life events quantifying stress levels. Individuals can then calculate their overall stress score, offering insights into their potential risk for stress-related health issues.



The Rosch Stress Profiler – AIS Certified

The Rosch Stress Profiler will show you how well you are coping in key areas of your life, anger, worry, fear, financial stress, and time pressure. In addition, the RSP will show you how well you are doing with stress symptoms, stress outlets, social support and overall resilience. With a better understanding of your stress strengths and weaknesses, you can begin to make immediate changes, while relying more on your strengths to start living a healthier lifestyle today.



AIS Workplace Stress Scale

The AIS Workplace Stress Scale was developed to serve as a simple screening measure to determine the need for further investigation with more comprehensive assessments. This survey is a preliminary screening tool, it is not scientifically validated.



Click pictures to view assessment.



Courses



Stress to Joy Course

Decrease stress and boost your happiness, in just 15 - 20 minutes a day for 21 days with this comprehensive 21 module online educational program.



Evidence-based Workforce Resilience and Well-being Course

Learn How to Control Your Reactivity to Stress. In this course you will learn behaviors, coping strategies and mindsets that lead to increased resilience against the negative impacts of stress.

Coming Soon

In 2025, we're launching a new course to help you become a Certified Stress Management Coach with The American Institute of Stress. You'll learn practical strategies to handle stress by knowing when to Alter, Avoid, or Accept situations. The course covers simple lifestyle changes, calming routines, and relaxation techniques you can use daily. You'll also gain tools to cope with major life events and track stress with a log to help you and your clients manage or reduce stress effectively. Take control of stress and help others do the same!

Click pictures to find out more.



Finding Contentment Podcast

Official Podcast Produced by The American Institute of Stress

This monthly podcast focuses on stress and stress-related issues and features interviews with healthcare practitioners, stress experts, and professionals with expertise in stress research and management.

Hosted by AIS Executive Director Will Heckman, MS, DAIS

Over 30 episodes of Finding Contentment are available on the following platforms. Click one of the links below to listen to all episodes of the podcast:

[Spotify](#)

[YouTube](#)

[Anchor](#)

[iHeartRadio](#)

[Pocket Casts](#)

[Overcast](#)

[RadioPublic](#)

