

allycon 2022

colorectal cancer alliance

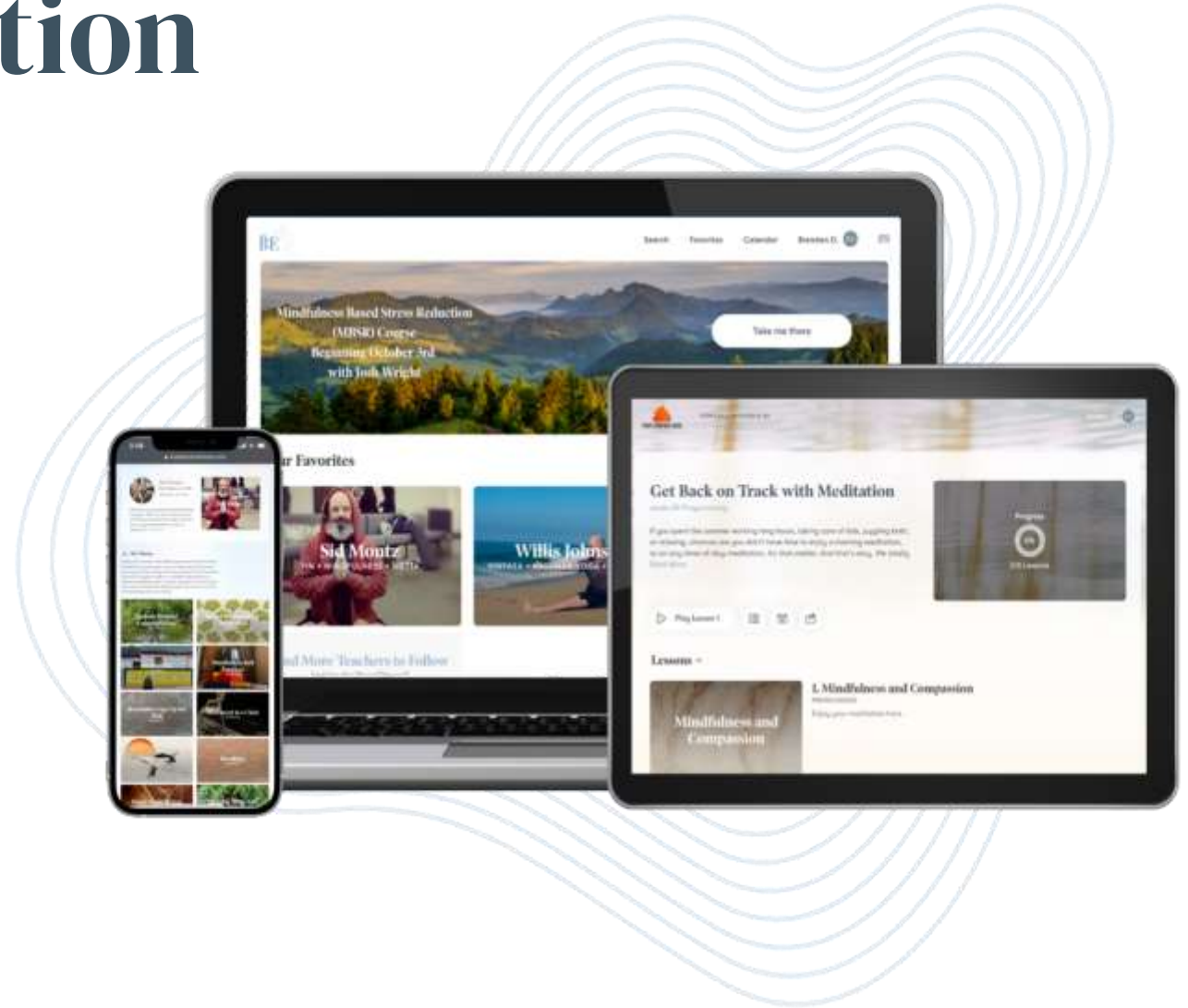


Integrative Health

- comprehensive care for physical, psychological, & social well-being
- disease prevention, stress reduction, & relaxation
- compliment to ongoing care
- ongoing workshops & courses in MBSR, energy healing, yoga, and nutrition
- complement ongoing care
- well-being treatment for the whole body

studio BE's Solution

- Curated content to fit into a busy day
- Live and on-demand class offerings
- Support for personal and professional development
- Access to world class facilitators
- Stress Management Workshops
- Courses specifically designed to reduce stress, reverse physical signs of stress and meet your specific needs



4 Proven Benefits of Mindfulness



1. Sleep

Meditation can reduce the wake time for people with sleeping problems by up to 50%

Source: L. R. Jason C, 'Mindfulness Meditation with Cognitive-Behavior Therapy for Insomnia



3. Back Pain

People with back pain were more likely to experience a 30% improvement in their ability to carry out daily tasks compared to those only taking medication.

Source: A B. Aleksandra Zgierska, "Mindfulness Meditation for Chronic Low Back Pain University of Wisconsin-Madison, 2014



2. Anxiety

Practicing meditation for 6-9 months can reduce anxiety by 60%

Source: J Clin Psychiatry, 2013 Aug; 74(8):788-792



3. Depression

Mindfulness meditation can reduce depression relapses by up to 12%

Source: Lu, "Cover-Mindfulness" American Psychological Association, March 2015

Content for the Busy Workday

CULTIVATING WHOLE PERSON WELL-BEING



- **Physical:** Practices to relieve stress in the body, sleep support and build awareness
- **Emotional:** Navigate feelings with skill and responsiveness while building a personal center of balance
- **Mental:** Mindfulness based stress management resources as preventative care
- **Relational:** Resource management with tools to better relate to their teams
- **Social:** Create and maintain healthy social outlets for individuals to feel connected and supportive

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