

# **De-Stress RX™**

**Individual Strategies for Reducing Stress**

# **Executive Summary**

**Individualized plans for managing  
COVID-era stress**



# Executive Summary

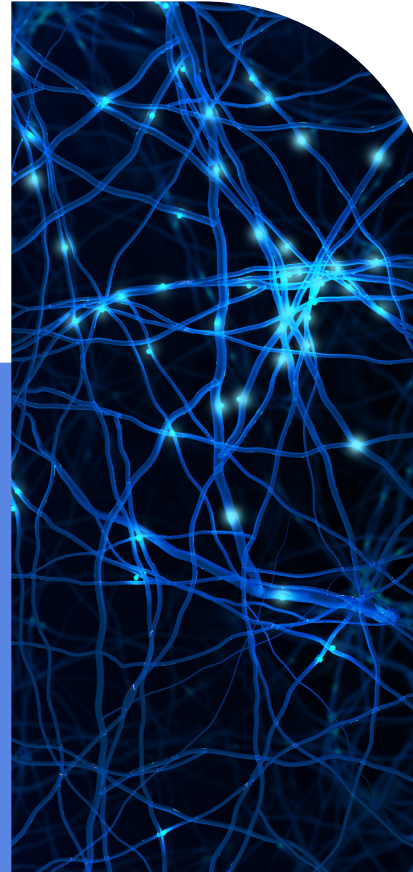
## De-Stress Rx™

### Individualized plans for managing COVID-era stress

Due to the pandemic, anxiety, depression, alcohol and substance abuse, strained relationships, and domestic abuse rates have all skyrocketed, resulting in increased stress and decreased productivity.

For fifteen years, SpeedReading People, LLC (SRP) has helped leading organizations around the world harness the power of personality type to improve organizational effectiveness and increase productivity.

We have also conducted the most comprehensive research to date on how personality type impacts stress, anxiety, depression, smoking, alcohol abuse, physical inactivity, sleep, and poor nutrition. (Our research includes 5 peer-reviewed journal articles involving over 50,000 people).





One key finding: When it comes to effective stress reduction strategies, one size does not fit all. A strategy that works great for one person, may not work at all for another. Leveraging our unique expertise and experience, SRP has developed a simple, powerful, economical online tool that provides employees of each of the 16 Jung/Myers personality types with individualized Stress Reduction Strategies.

### **Benefits to Employees**

- Can improve both their mental and physical health
- Can increase their feelings of worth, purpose, and hopefulness
- Can improve team members' positive feelings about, and loyalty to their employer

### **Benefits to the Employer**

- Demonstrates a strong commitment to the health and wellbeing of its employees
- Reduces employees' stress which impacts their effectiveness among customers, colleagues, etc.
- Has the potential to improve morale, productivity, engagement, and retention
- Identifies employees at greatest risk
- Increases managers' ability to coach each employee more successful

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## De-Stress Rx™

We've designed this tool to be easy to administer and cost-effective: Employer emails employees a message which conveys their concern and desire to help employees reduce stress.

Employees complete a quick (<4 minutes), accurate (>90%) online assessment and instantly download their individualized De-Stress Rx™. If they wish, managers can log onto our simple-to-use client portal and instantly view each employee's De-Stress Rx™ and a concise Coaching Report helps them better coach each individual employee.

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### **Paul D Tieger, CEO**

*SpeedReading People, LLC*

pault@speedreadingpeople.com

www.de-stressrx.com

860.604.9064

