



Carole Spiers Group

International Stress Management and
Employee Wellbeing Consultancy

Established 1987



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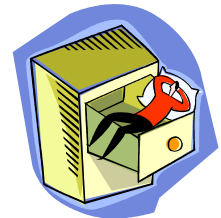
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THE TEN STRESS COMMANDMENTS



1. **Thou shalt take full responsibility for thy body and ensure that it has adequate sleep**



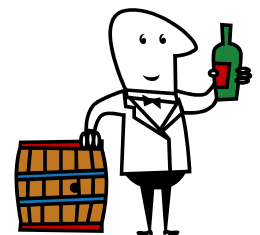
2. **Thou shalt not abuse thyself by working seven days a week. Thou shalt take time for exercise and relaxation**



3. **Thou shalt not eat fat and sugar but ensure a healthy balanced diet**



4. **Thou shalt take wine in moderation and not drink it as water**



5. Thou shalt not attempt to be all things to all people and thou shalt say 'NO' when occasion arises



6. Thou shalt encourage laughter daily, for smiles are the best medicine for stress



7. Thou shalt communicate your thoughts to others in a quiet and meaningful way and not with flailing arms and loud voices



8. Thou shalt give praise where praise is due and ensure a "thank you" for a job well done



9. Thou shalt love thy neighbor as thyself and do all you can to support others and help them on their way



10. Thou shalt not give way to envy and greed but be happy with what you yourself have for there will always be others with more





CAROLE SPIERS GROUP
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Employee Wellbeing Consultancy

More Publications and Services by CSG **For a Stress-free Life at Home and at Work**

**Stress management training, counselling and consultancy
at the service of top corporations**

**You need the range and depth of CSG's expertise to help you
tackle the human problems and
legal implications of workplace stress today**

Launched in 1987 by high-profile Broadcaster, Professional Speaker & Author, Carole Spiers, The Carole Spiers Group (**CSG**) has established a valuable niche in the field of workplace stress management, bringing proven, tangible benefits to a long roll-call of prestige clients such as Abbey, Health Education Authority, Sainsbury's, Rolls Royce, Walt Disney, Panasonic UK, Unilever and the Bank of England.

This adds supreme credibility to the company's advanced psychological insights, converted into a structured set of anti-stress measures that are decisively shown to have improved productivity and competitive advantage through healthier employees working in a better atmosphere.

With a nationwide network of professional consultants, counsellors and trainers, **CSG** is uniquely equipped to advise professionally on both the human and the legal aspects of workplace stress, including victimisation, violence, post-trauma, redundancy, absenteeism and stalled negotiations.

CSG is currently working on the UK Government's occupational health agenda 'Securing Health Together' - a ten year strategy by the Health & Safety Executive for tackling high levels of work related ill-health, and reducing the cost to individuals, employers and the public.

As an authority on the management of stress, **CSG** is regularly approached by the BBC and other national media for comment and advice on these important issues, and regularly participates in conferences and seminars both at home and abroad.

Carole Spiers is also the author of *Tolley's Managing Stress in the Workplace* – a comprehensive guide to stress management published by LexisNexis UK. This management guide, written to help employers identify and deal with stress and stress-related issues, provides tools and practical advice to help organisations address the workplace issues highlighted by the HSE, along with many others that are caused, or exacerbated, by work-related stress.

- Are you interested in being less stressed-out?
- Can you see why being less stressed-out would help your life?
 - If you were ever going to start being less stressed out – when would be a better time to start?

NOW!

‘Positive Action Against Stress – Instant Stress Relief Tips ’
by
Carole Spiers

You need the book that spells out the basics

- * How pressure mounts up beyond endurance
- * The symptoms and psychology of stress
- * 10-point strategy for managing stress levels

Get to know the basics of stress control now with this introductory pocket manual - ideal for distributing to your management, handing out at seminars or including in delegate packs - and with customised elements and branding if you prefer. User-friendly listings and diagrams will give you and your staff an introductory overview of a complex subject - clearly itemising the roots of stress, helping you to spot problems early, and giving you the opportunity to adopt a proven strategy for solving them as part of your corporate anti-stress policy. Visit our eCommerce website www.carolespiers.com to view our selective catalogue of Special Reports, Train the Trainer packs, Manuals, CD's and Audio by international stress guru Carole Spiers.



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'The Ten Stress Commandments' is just one e-book out of a series, so please contact us for details of our other titles – email: info@carolespiersgroup.com.

For more information on **CSG's** stress management services including in-house & public training, stress policy, stress audit, stress risk assessment, attendance management, rehabilitation support, post trauma support, mediation, impartial investigations, expert witness, nationwide employee counselling team, coaching and mentoring services, please contact us:

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