CASE STUDY

How the Resility Health™ Stress Management System Reduces Workplace Stress

Welcome to a Better Way to Manage Stress
As a champion of wellness, I feel that incorporating all facets of wellness into any organization is a major component to its overall success.

**Grace Page**  Wellness Coordinator, Harden Insurance

**INTRODUCTION**

Harden, one of the Southeast’s leading insurance, risk management and employee benefits firms, places a priority on the health and wellness of their employees. As part of their commitment to providing the best workplace environment possible, they selected Resility’s innovative stress management program to help their employees better manage stress and build resiliency.

**CHRONIC STRESS IS AN EPIDEMIC**

75% of American experience the physical symptoms of stress*. Some of the most commonly experienced include:

- Anxiety
- Headaches and Migraines
- Neck, back and jaw pain
- Increased drug & alcohol use
- Digestive upset
- Lack of motivation & focus
- Hypertension
- Sleep difficulties

Health and wellness programs that do not include stress management are less effective.

**THE CHALLENGE**

Like most companies throughout the United States, stress is a major factor in the lives of their employees. Harden was looking for an effective way to help employees cope with busy and stressful times during the work year, without taking a lot of time out of their work days. Their goal was to give their employees tools to help them better manage stress, be more productive, and improve their well-being.

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The relaxation trainings were very relaxing and effective. They helped calm me in any situation. I used the breathing training before bed to relax from the day.

**Resility Participant**
During our busiest and most demanding time of the year, Resility was able to not only decrease overall stress of our employees, but also implement new strategies to recognize the onset of anxiety and tense situations.

Grace Page  Wellness Coordinator, Harden Insurance

THE SOLUTION

In conjunction with Harden’s wellness team, Resility’s “Build Your Resilience” program was rolled out, with participants recruited at a lunch and learn session on stress management hosted by Resility. The program consisted of two one hour workshops together with a convenient home training program delivered via mobile app. Participants used Resility’s unique wearable Muscle Activity Monitor while performing each of the brief 5-10 minute home training exercises. The monitor helped them see their body’s response to each exercise, providing valuable and immediate feedback that kept them engaged and motivated. After each exercise, participants rated their improvement.

Resility’s program taught the participants a variety of proven stress management techniques such as visualization, breathing, and mindfulness. Because the same methods do not work equally well for everyone, this gave them a way to experience different techniques and actually measure their response.

At the conclusion, each participant received a personalized stress management plan that recommended the most effective techniques for them based on the data collected through the mobile app.

100% OF PARTICIPANTS rated the program as good, very good, or excellent

83% OF PARTICIPANTS reported feeling better after completing an exercise

67% OF PARTICIPANTS exhibited measureable reduction in muscle activity after completing an exercise

88% OF PARTICIPANTS rated the program a good use of their time

71% ENGAGEMENT RATE among participants

Recognizing when I was starting to get stressed gave me the opportunity to stop it before it got too bad.

Resility Participant
WORKING WITH RESILITY™ HEALTH

The Resility™ Health Program provides employers and organizations with an effective and efficient way to manage the stress of their employees. Program benefits include:

- **Increased productivity and performance**
- **Higher job satisfaction**
- **Reduced turnover**
- **Lower risk of workplace accidents**

ABOUT HARDEN INSURANCE

Harden, headquartered in Jacksonville, Florida is the region’s leading insurance brokerage firm providing insurance, risk management, employee benefits, and financial services. Founded in 1953, the company is a major regional service provider with more than $400 million in premiums placed. For more information about Harden, please visit [www.hardeninsight.com](http://www.hardeninsight.com)

ABOUT RESILITY™ HEALTH

Resility™ Health provides a convenient, effective, and measurable stress management system that reduces the physiological impact of chronic stress using innovative technology paired with evidence-based stress management techniques. The Resility™ system combines feedback from wearable sensors with convenient training exercises in an engaging mobile app that promotes engagement and results.

*American Psychological Association*

"It only took a few minutes and I was noticeably de-fused"

Resility Participant