



Enhance Your Employee Assistance Program Benefits with StressHealth™ Resources from The American Institute of Stress

Our History

The American Institute of Stress (AIS) is a 501(c)(3) nonprofit founded in 1978 as a clearinghouse and resource for qualified stress-related information. Established to address the growing awareness of stress and its impact on health, AIS provides reliable, evidence-based insights in a field flooded with misinformation.

For nearly five decades, AIS has been the leading authority in stress management, dedicated to improving health and quality of life through education, research, and advocacy. AIS is quoted in the media almost every day as the most reputable source of information on stress.

Leader in Stress Education

Workplace stress is inevitable—but its impact on your employees and bottom line doesn't have to be. AIS provides tools and resources that help employees manage stress effectively, leading to improved well-being, productivity, and retention.

AIS is the only institution in America exclusively dedicated to understanding and managing stress. Our EAP/Corporate enhancement resources empower organizations to offer proactive stress management solutions that reduce absenteeism, reduce presenteeism, boost engagement, and foster a healthier workforce.

Workplace Stress Costs You

- ❖ Over 1 million workers are absent every day due to stress.
- ❖ Workplace stress costs the U.S. \$190 billion annually.
- ❖ Job stress results in over \$300 billion lost due to productivity losses, absenteeism, presenteeism, and accidents.
- ❖ Employees lose an average of 5 work hours per week just thinking about their stressors.

Integrating AIS's evidence-based stress management tools into your EAP or benefits package can help your employees gain control over stress so their stress does not control them.

Offering Your Employees AIS Membership Elevates Your EAP Benefits Program

Our resources provide employees with the education, tools, and support needed to master stress effectively.

StressHealth™ EAP/Corporate Membership Benefits

Full Access to AIS-produced Documentary Movies

Entertaining and informative, AIS films will change your employees' outlook on life and healthcare.



- Mismatched: Your Brain Under Stress – A 6-episode series with lesson plans and quizzes.
- Beyond Fight or Flight: The New Science of Stress—This documentary explores groundbreaking research on stress (2025 release).
- And more AIS documentaries.

Expert-Led Webinars

Live and archived webinars on stress, resilience, and mental wellness.

Scientifically Validated Stress Assessments

Self-assessments that allow your employees to find out what their personal stressors are, with customized advice.

- Stress Mastery Questionnaire



- Rosch Stress Profiler
- Workplace Stress Scale
- Holmes-Rahe Life Stress Inventory

Full Access to AIS Magazines

Health & Stress, Contentment, Combat Stress.

Online Courses & Training

- *Stress to Joy* - Self-paced in just 15 minutes per day (add-on).



- *Workforce Resilience & Well-being Course* – teaches practical strategies for managing stress.

Finding Contentment Podcast

Featuring some of the world's leading experts on stress sciences and stress management.

Why Offer Your Employees StressHealth™ Corporate Membership?

- ✓ **Proven Impact:** Evidence-based tools reduce stress-related costs and absenteeism.
- ✓ **Flexible Learning:** Engaging formats make stress education accessible to all employees.
- ✓ **Stronger Workforce:** A stress-resilient team is a productive and thriving team.

With AIS, you can take your Employee Assistance Program to the next level.

Help your employees manage stress, perform better, and live healthier with StressHealth™ employee memberships at greatly reduced pricing.

Contact Angela Fertitta-Briley today to learn more at afertittabriley@stress.org

Stress.org

