

Quantitative Research

2,760 Participants
In Eli Bay's Stress Management Program
(Now online as Resilient Living)

Pre Post Findings

Resilient Living Corp

Background and Methodology

- The data from 2,760 program participants were randomly drawn from the 45,000 people Eli Bay has trained in his “Beyond Stress” program.
- All participants filled out a questionnaire related to their experience of stress at the beginning (Pre) and at the end (Post) of the 4 week program.
- These findings are the quantitative analysis of these 2,760 questionnaires
- The Resilient Living program is the online version of Eli Bay’s “Beyond Stress” program.
- Results from the Resilient Living online program are proving similar to those who have taken the “Beyond Stress” program.
- These similar outcomes with the online program are expected as the core exercises taught are the same in both versions of the program.

Highlights

Better Job Satisfaction & Quality of life

The median values reported for ability to handle stress, the ability to relax, and the overall job satisfaction all went up:

These changes occurred in four weeks (Pre-Post)

- **Handling stress:** 4.3 → 7.5 (+2.8)
- **Ability to relax:** 3.8 → 7.6 (+3.8)
- **Job satisfaction:** 6.2 → 7.6 (+1.4)

• *Based on a 10 point scale (1=terrible, 10=fantastic)*

Highlights

Major decrease in stress-related symptoms

Reported “symptom experience” moved from

High (*chronic / severe / serious / moderate*)
to Low (*minor / light / none*)

by an average of 54% in 4 weeks

The incidence/severity of every one of the stress-related symptoms decreased, ***many by more than 60%***.

21 symptoms were measured on a 6-point scale (0=none, 5=severe/chronic)

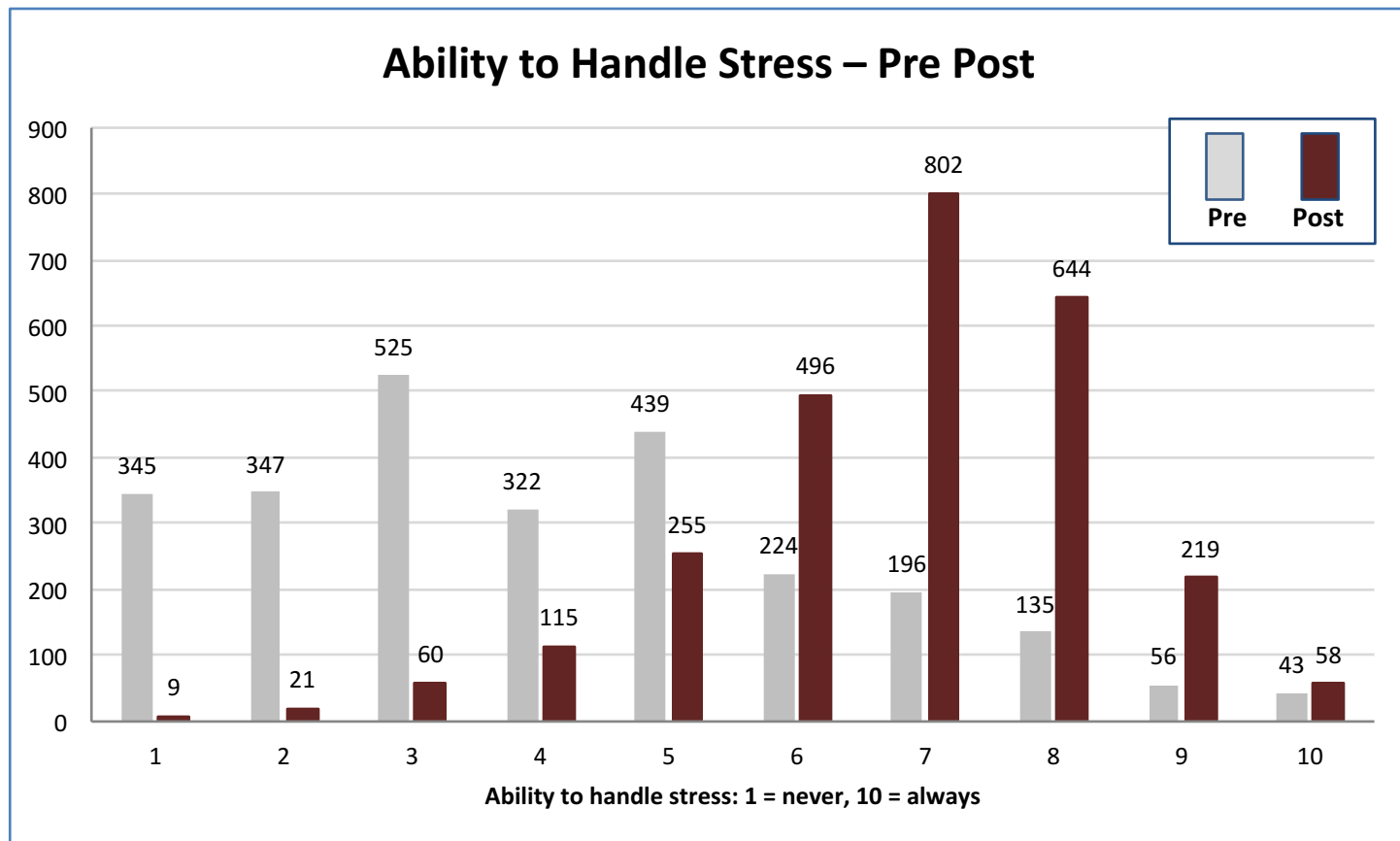
Examples of Stress Symptom Reduction

75% of those suffering from mental or physical problems arising from stress showed significant benefit from the “Beyond Stress” program over a 4 week period

Symptom	Pre Moderate/Serious/Severe/Chronic	Post Moderate/Serious/Severe/Chronic
Tension Headaches	35%	13%
Migraine Headaches	13%	5%
Short Fuse/Argumentative	38%	14%
Depression	38%	14%
Insomnia	44%	18%
Feeling Blocked/Trapped	46%	19%
Digestive Issues	31%	14%

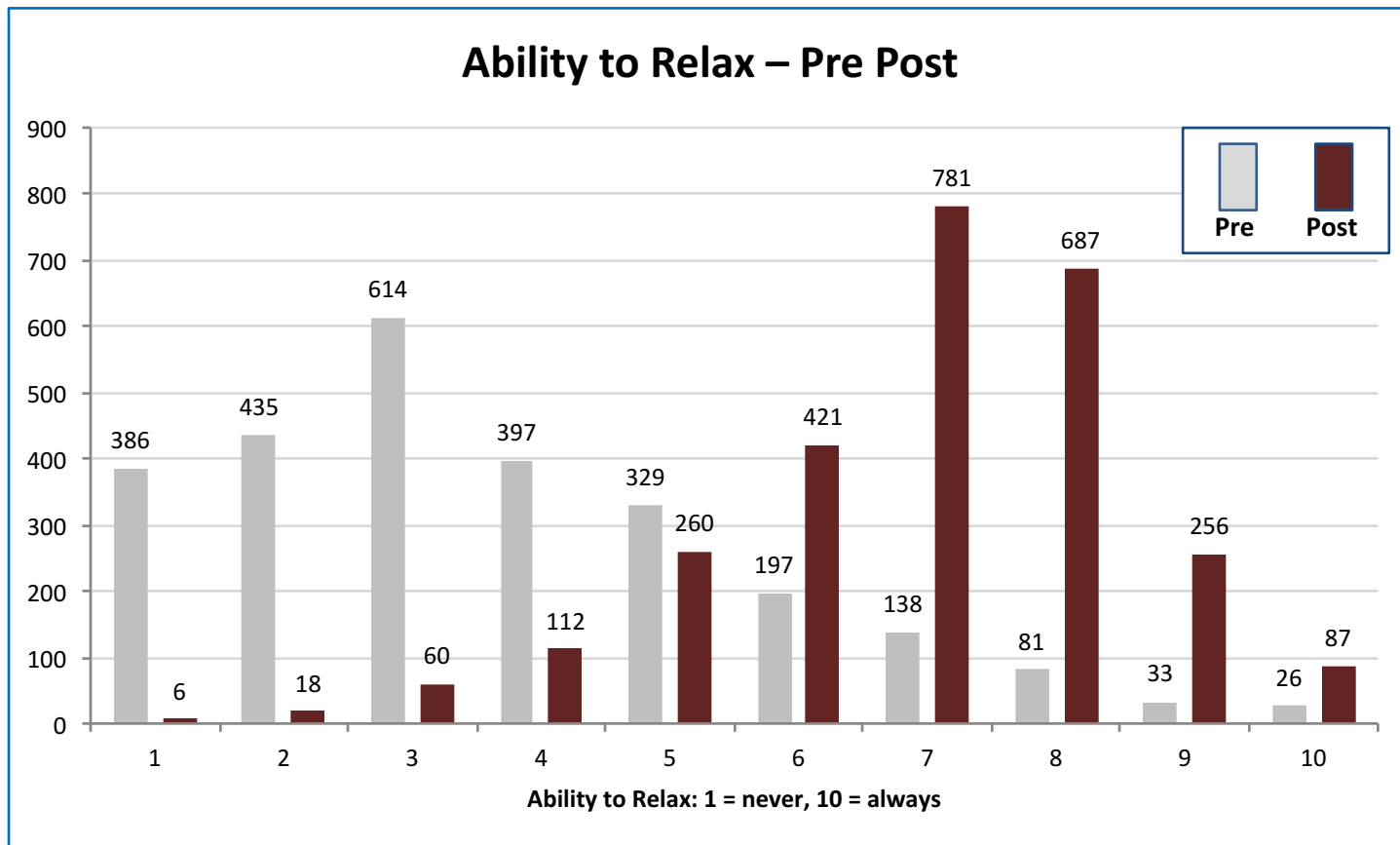
Improved Ability To Handle Stress

- The number of participants who reported difficulty in handling stress dropped from 75% to just 17%
- Median of the reported “ability to handle stress” went from 4.3 to 7.5



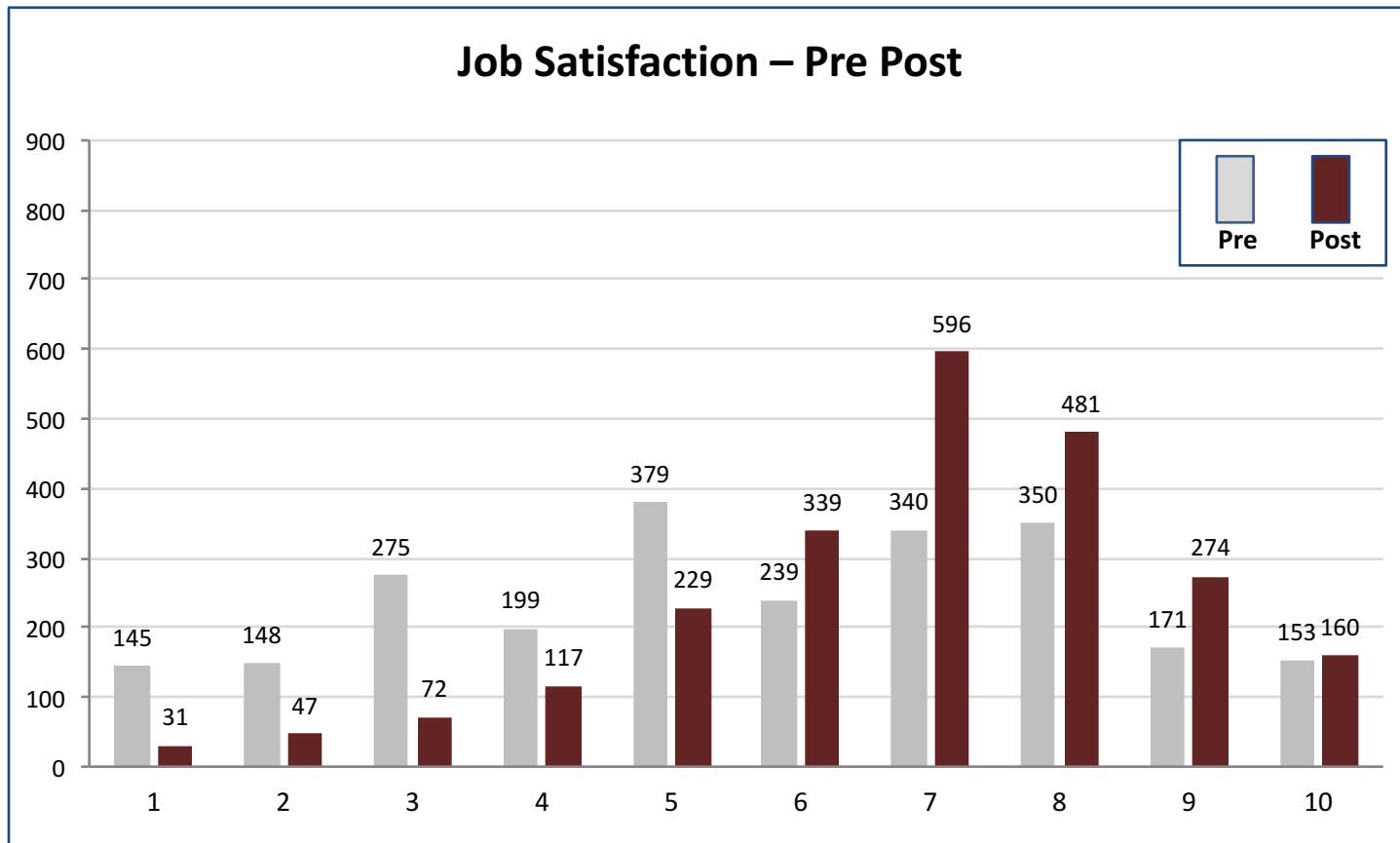
Improved Ability To Relax

- The number of participants reporting good ability to relax rose dramatically from 18% to 82%
- Median of the reported “ability to relax” went from 3.8 to 7.6



Increased Job Satisfaction

- The number of participants who were very unhappy with their job (3 or less) dropped by 75% and the number reporting being very happy (8 or more) rose by 37% over a 4 week period
- The median reported job satisfaction rose 22% to 7.6 from 6.2



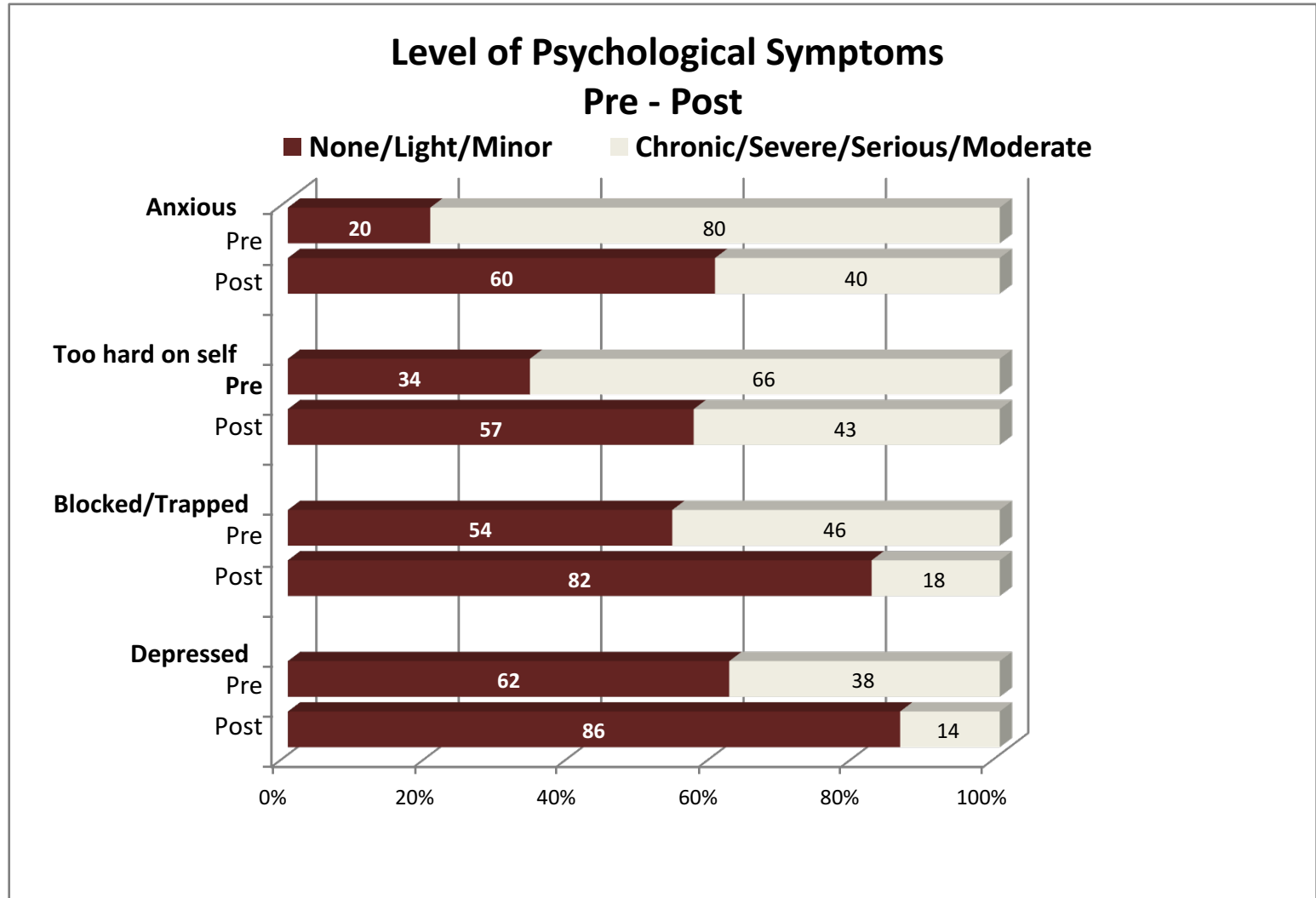
Symptoms Experienced

Both at the beginning and at the end of the 4-week program, participants identified their symptoms of stress that they were experiencing on a 6-point scale of:

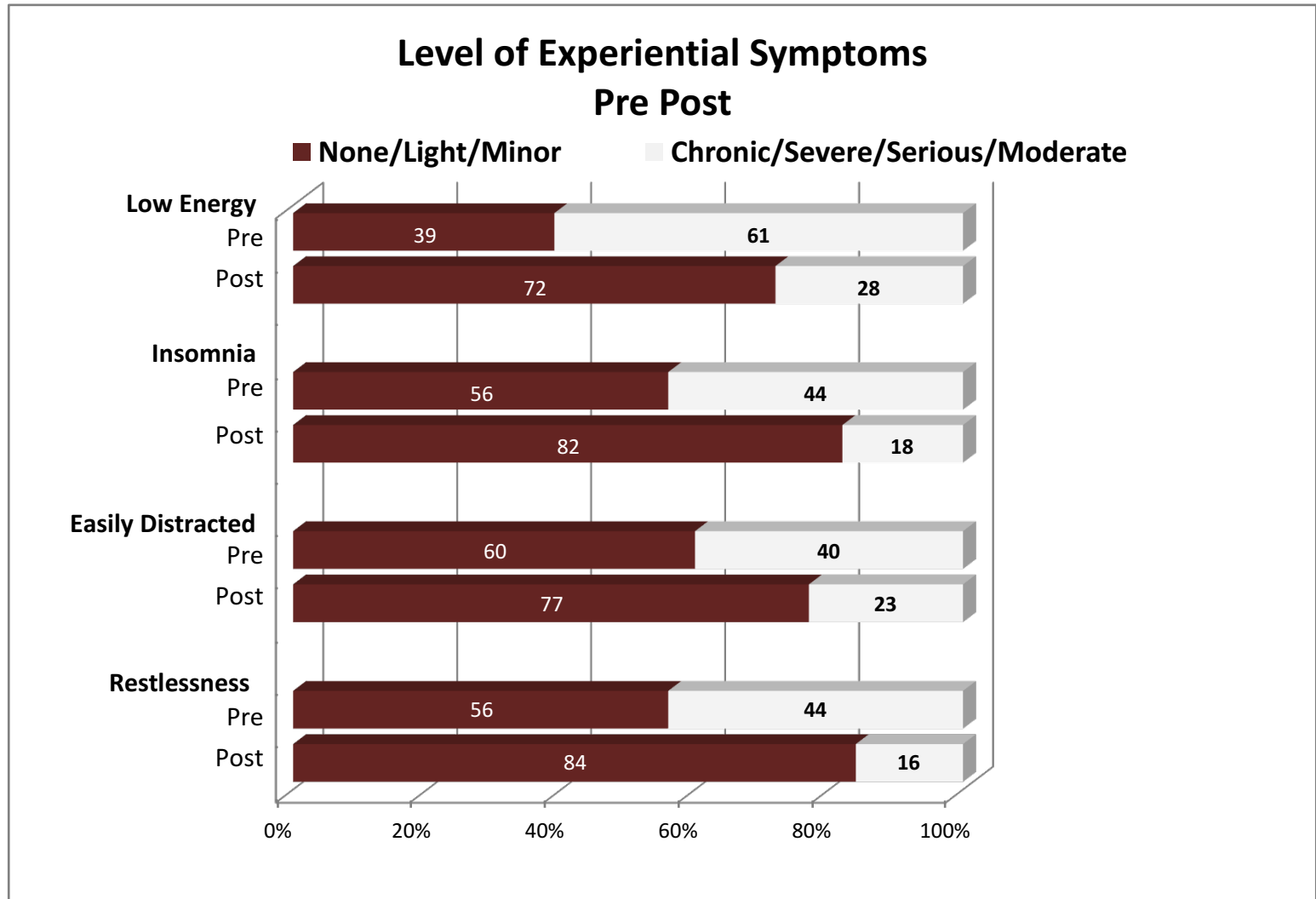
- 0 (none)
- 1 (light)
- 2 (minor)
- 3 (moderate)
- 4 (serious)
- 5 (severe/chronic).

Psychological Symptoms	Experiential Symptoms	Physical Symptoms
<ul style="list-style-type: none"> • Tense/Keyed up/Anxious • Too hard on self • Blocked/trapped • Depression 	<ul style="list-style-type: none"> • Fatigue/low energy • Insomnia/Sleep issues • Easily distracted • Restlessness • Poor memory • Short fuse/Easily Angered • Pounding heart • Breathing Issues 	<ul style="list-style-type: none"> • Neck/shoulder pain • Tension headaches • Lower back pain • Cold hands/ feet • Digestive Issues • Skin problems • Menstrual Issues • Heart/chest pain • Migraine headaches

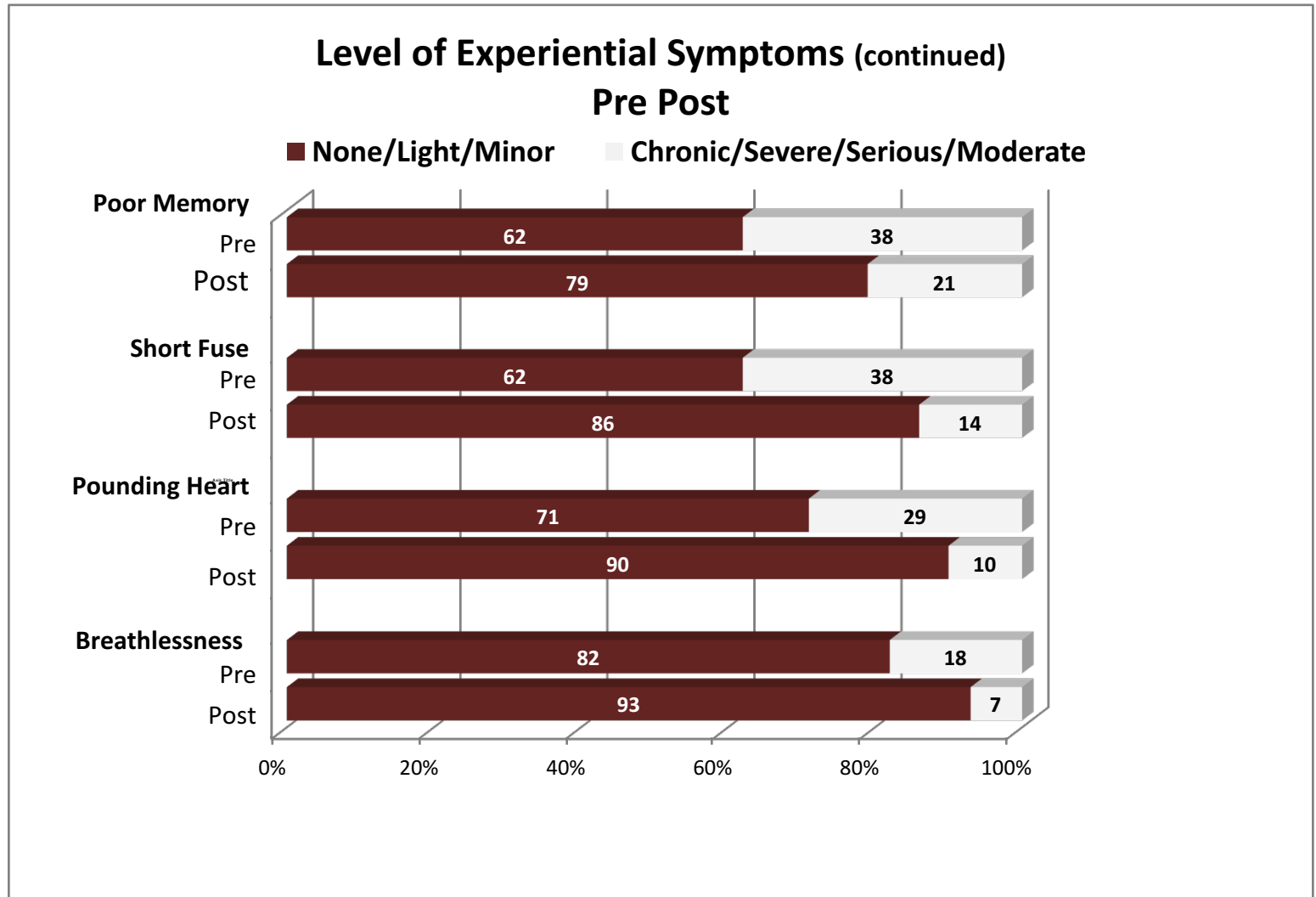
Individual Symptom Change - Psychological



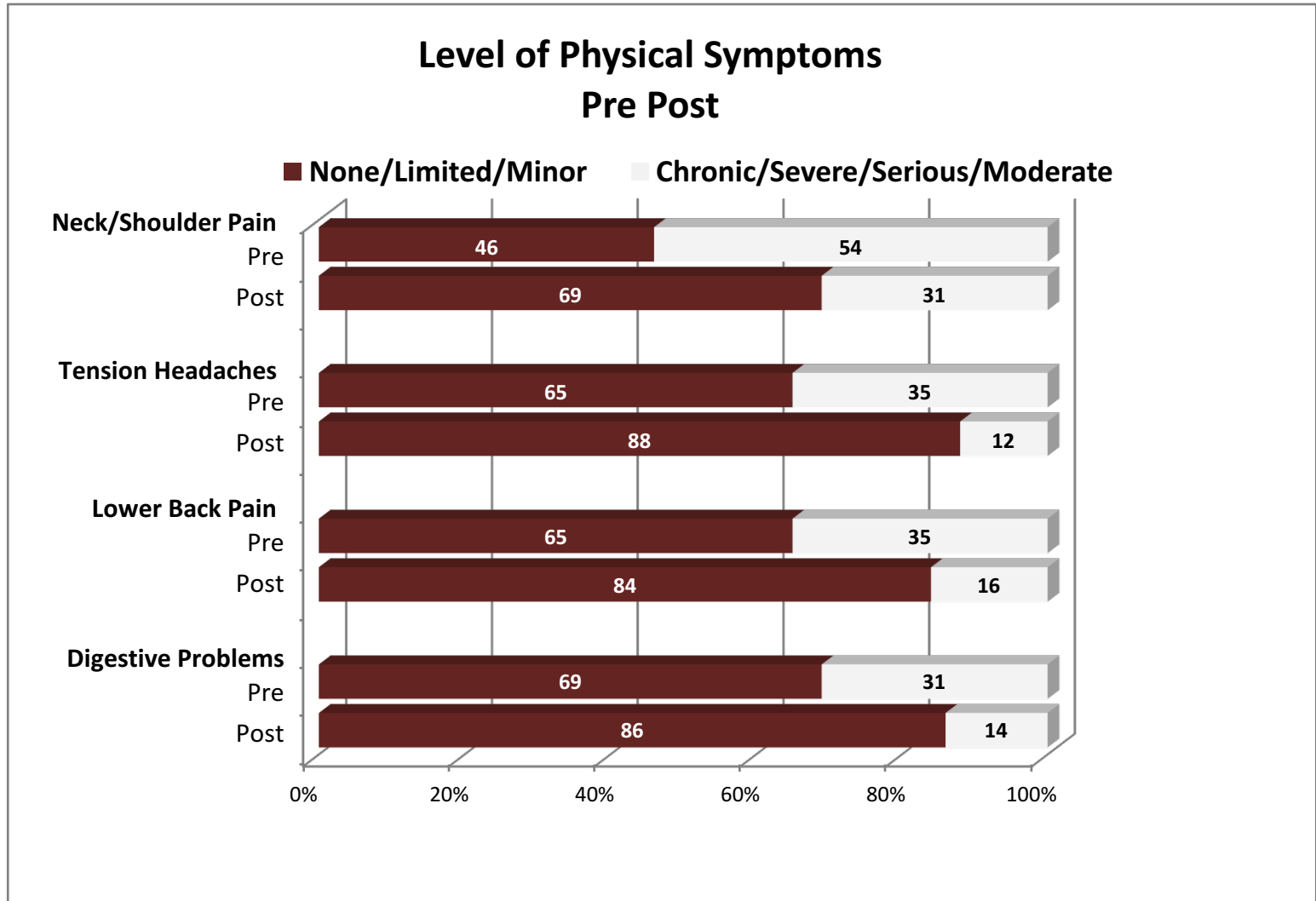
Individual Symptom Change - Experiential



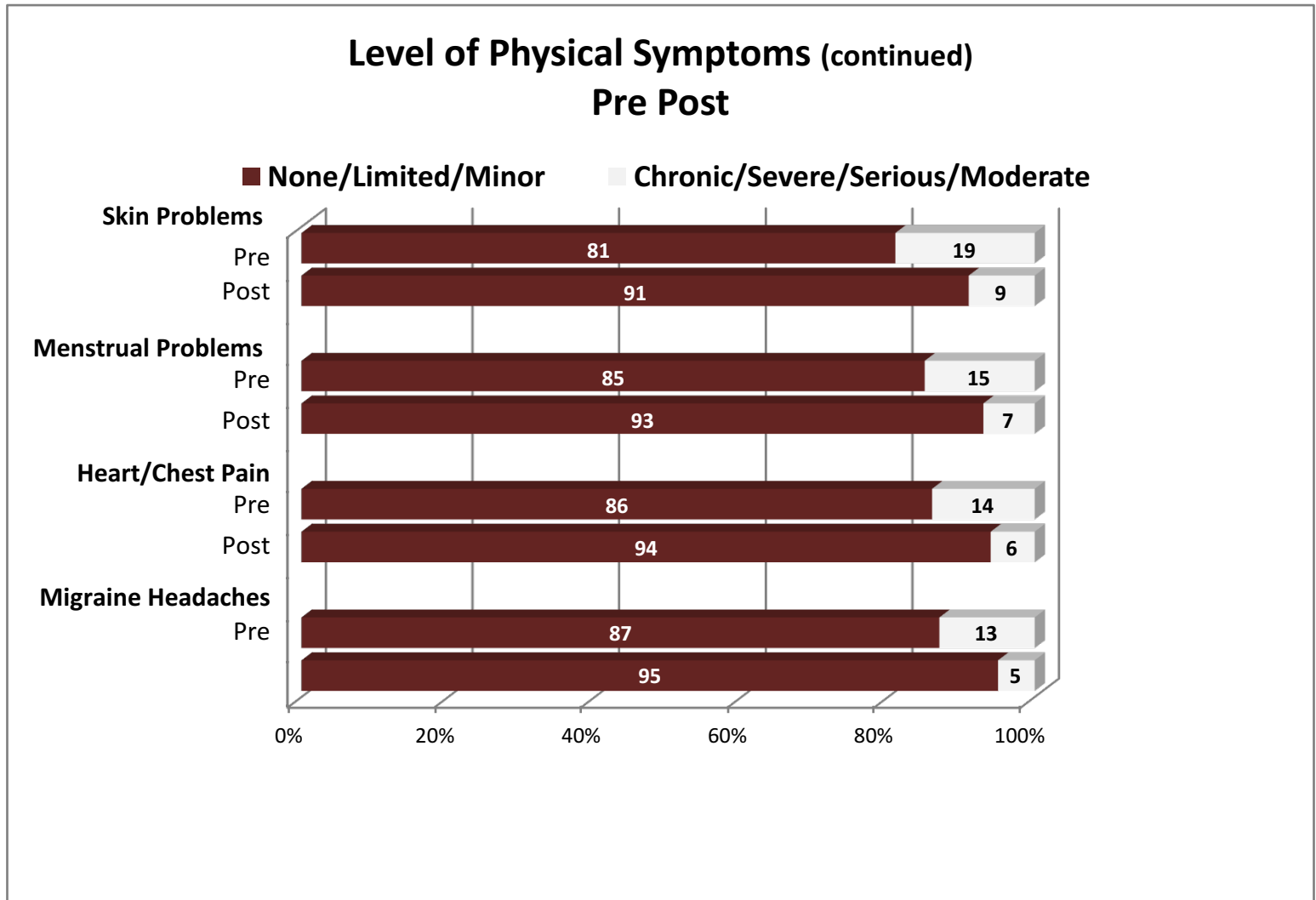
Individual Symptom Change Experiential (continued)



Individual Symptom Change - Physical



Individual Symptom Change – Physical (continued)



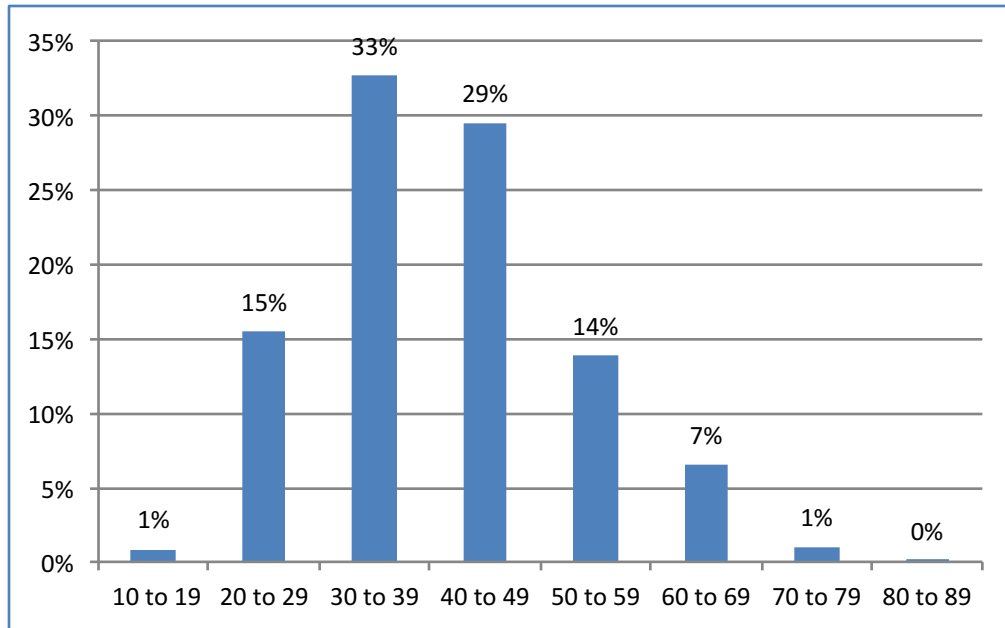
Improvements in general health after program completion

Participants and their doctors reported a number of improvements in general health and a reduction in medications used following participation in the program .

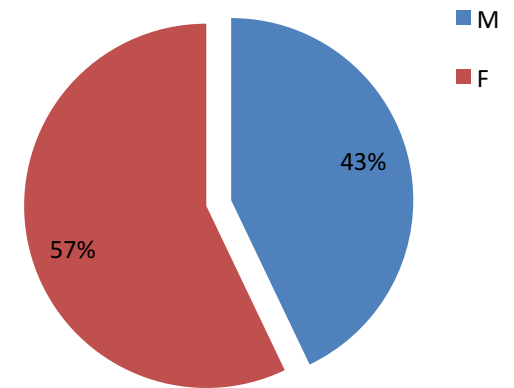
- significant reduction in high blood pressure
- reduced need for insulin
- Reduced or eliminated the use of antidepressants
- Reduced or eliminated the use of sleeping medications
- Reduced or eliminated the use of pain medication

Participant Profile

Age Distribution



Male Female Distribution : 43% / 57%



The demographics of the research group is reflective of general population of CIBC employees.