



Outer Stress • Inner Calm

Quantitative Research

2,760 Participants
in Eli Bay's Stress Management Program

Findings

Resilient Living 2011



Background and Methodology

- The data from 2,760 participants' questionnaires were randomly drawn from the 45,000 people Eli Bay has trained in his "Beyond Stress" program.
- The following findings are the quantitative analysis of this group's self reported stress level experiences at the beginning and end of the 4 week program.
- The Outer Stress • Inner Calm program is the online version of Eli Bay's "Beyond Stress" program.
- Results from the Outer Stress • Inner Calm online program are proving similar to those who have taken the "Beyond Stress" 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 vs 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%*** over the same period

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



Examples of Stress Symptom Reduction

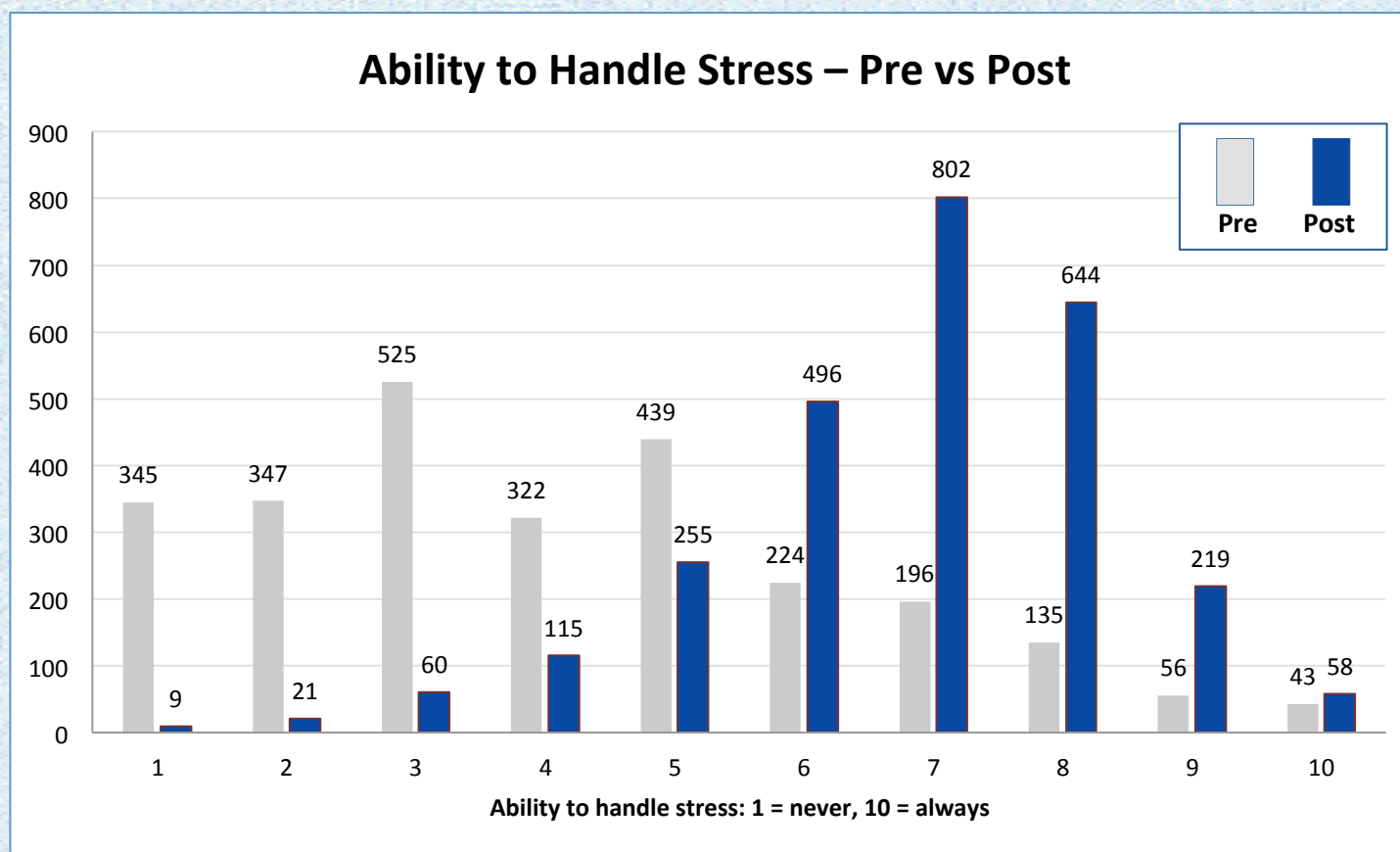
75% of those suffering from mental or physical problems arising from stress showed significant benefit from the *Beyond Stress* program over a 4 week period

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

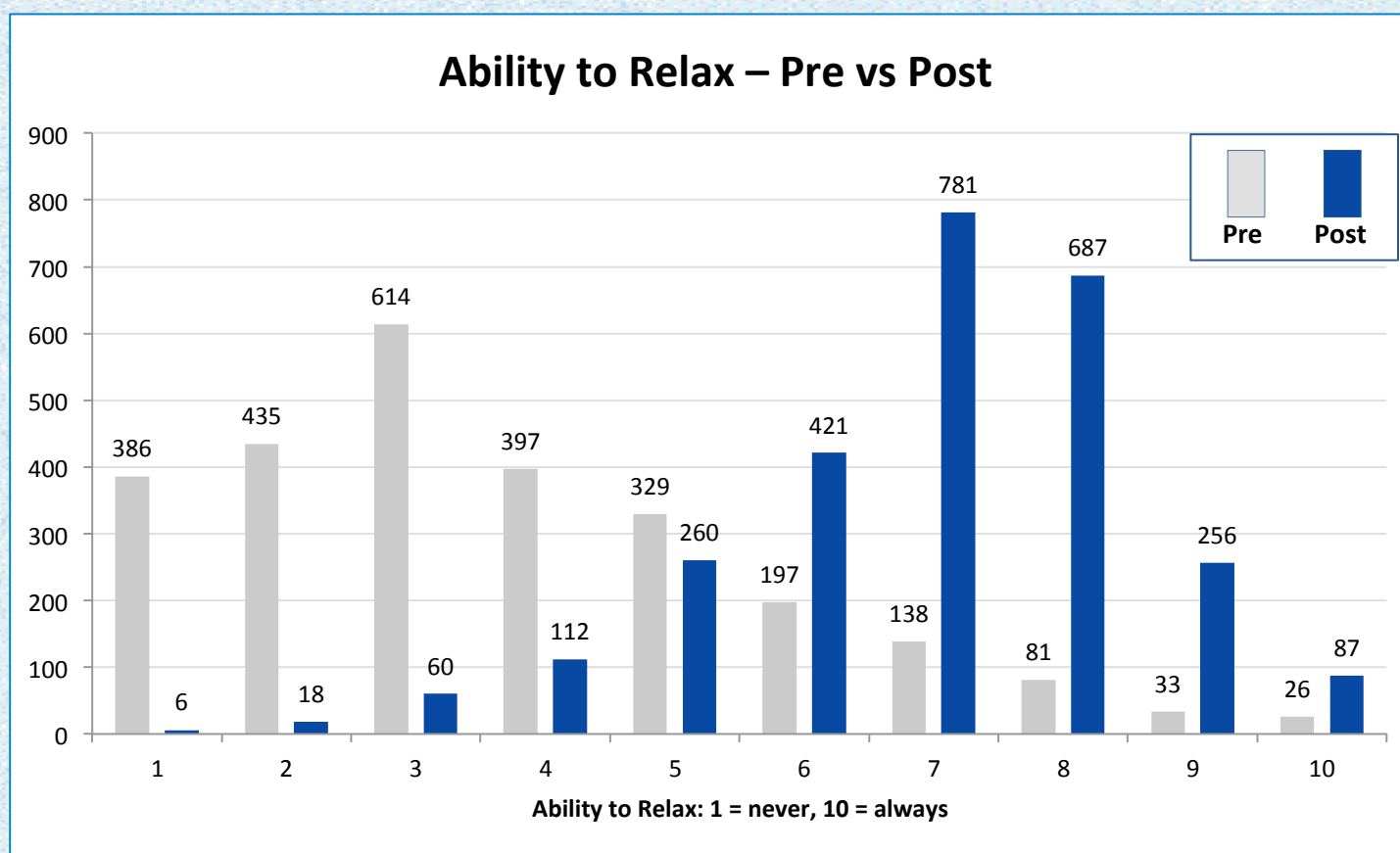
- The number of participants who reported difficulty in handling stress dropped from 75% to just 17%
- Median of the reported “ability to handle stress” went from 4.3 to 7.5





Improved Ability To Relax

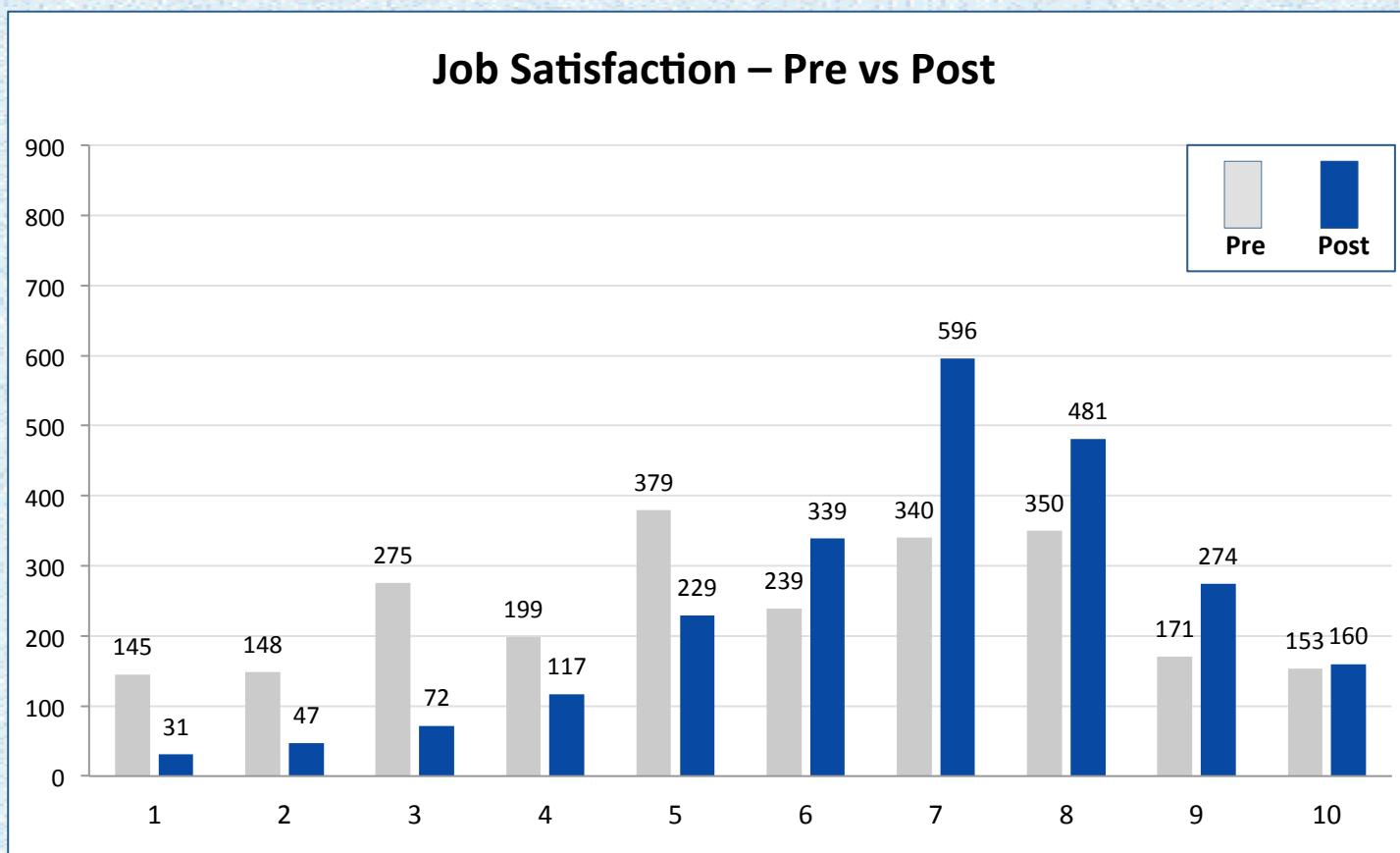
- The number of participants reporting good ability to relax rose dramatically from 18% to 82%
- Median of the reported “ability to relax” went from 3.8 to 7.6





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% from 6.2 to 7.6





Symptoms experienced

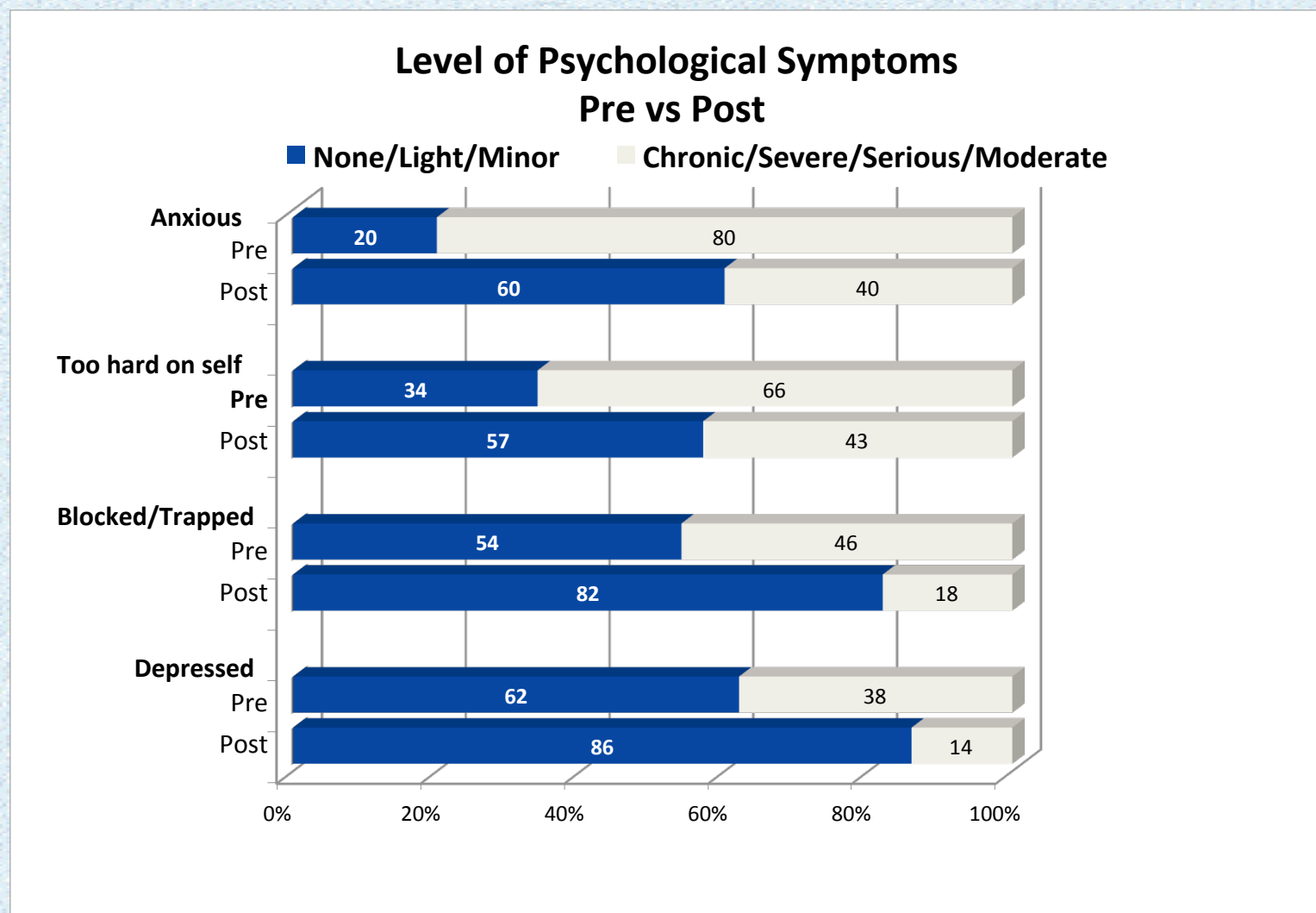
Both at the beginning and at the end of the 4-week program, participants identified their symptoms of stress that they were experiencing on a 6-point scale of:

- 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

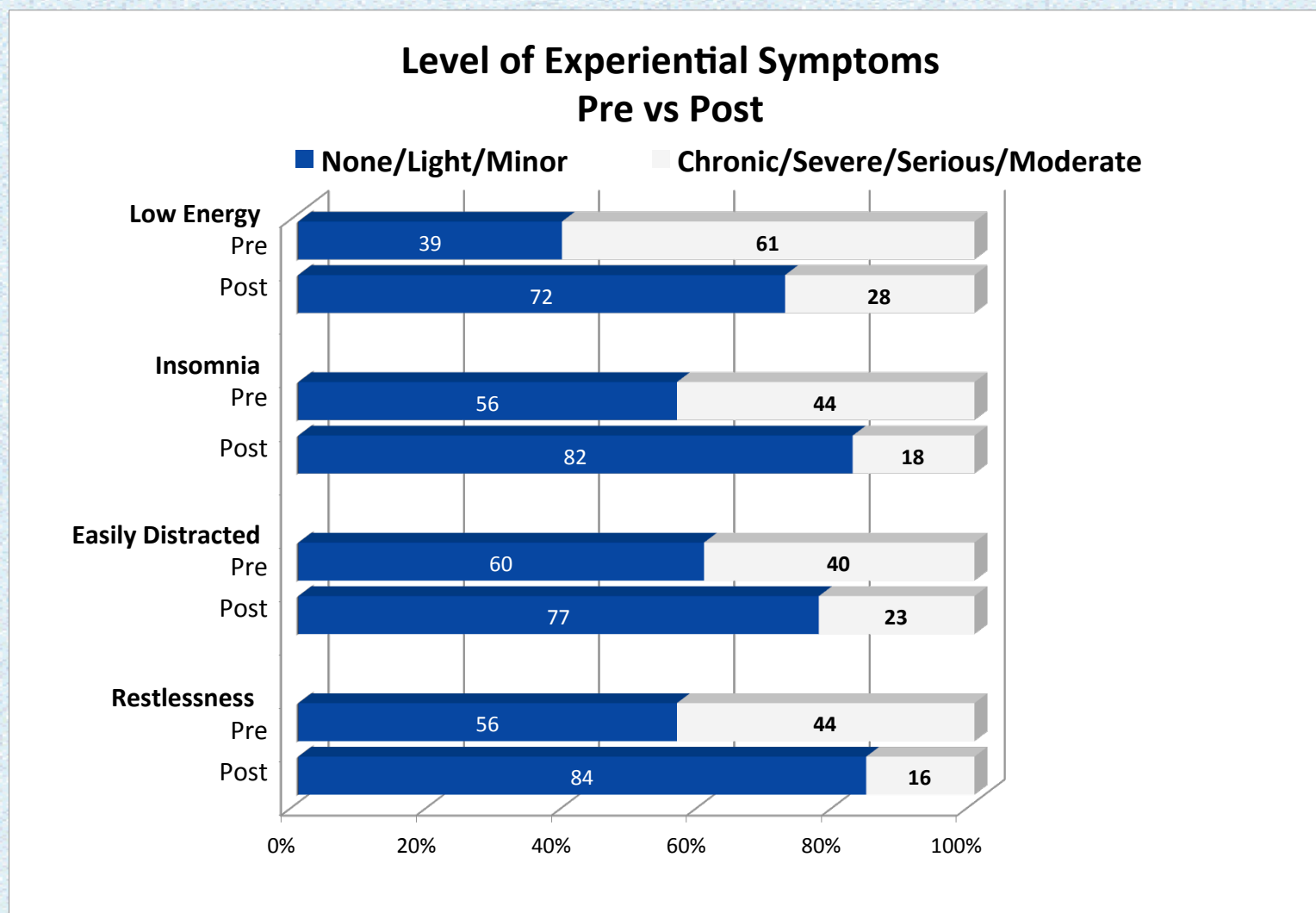


Individual Symptom Change - Psychological



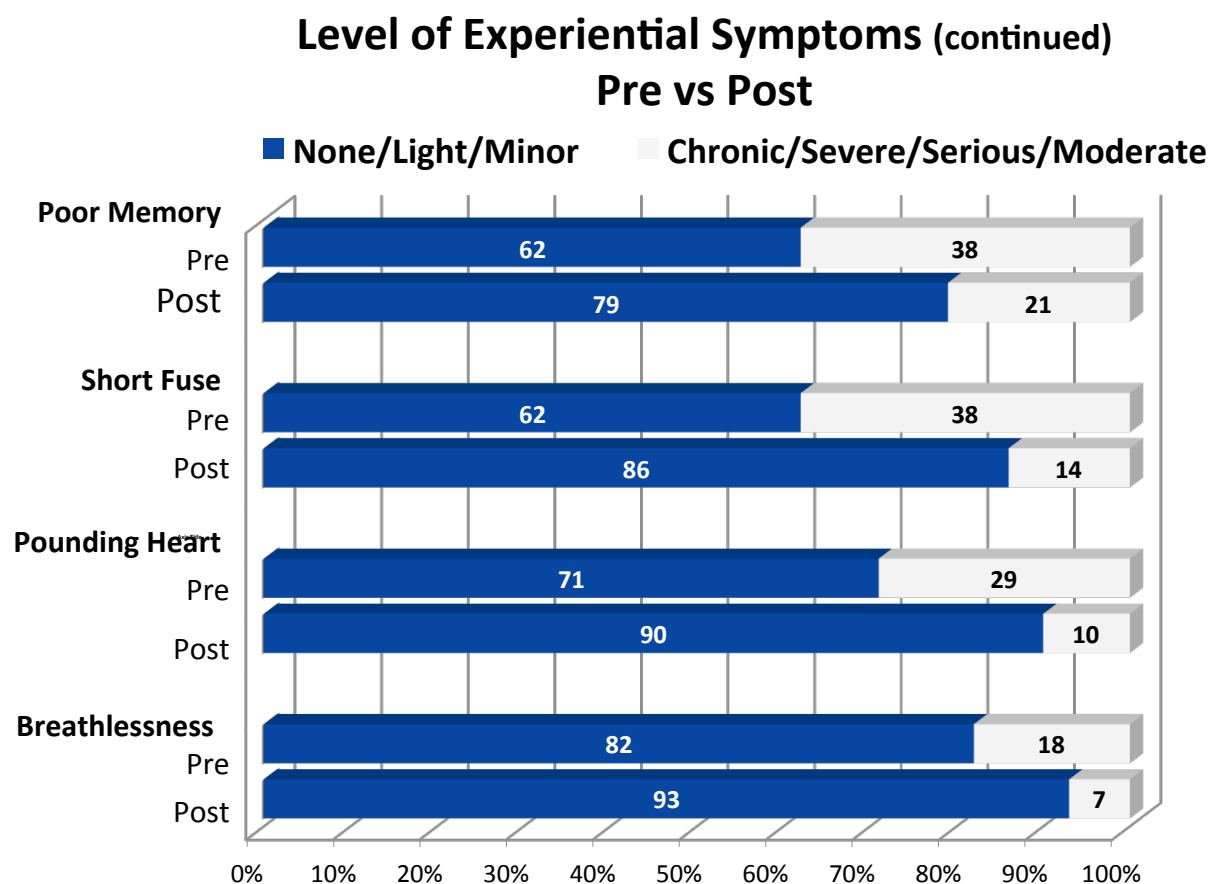


Individual Symptom Change - Experiential



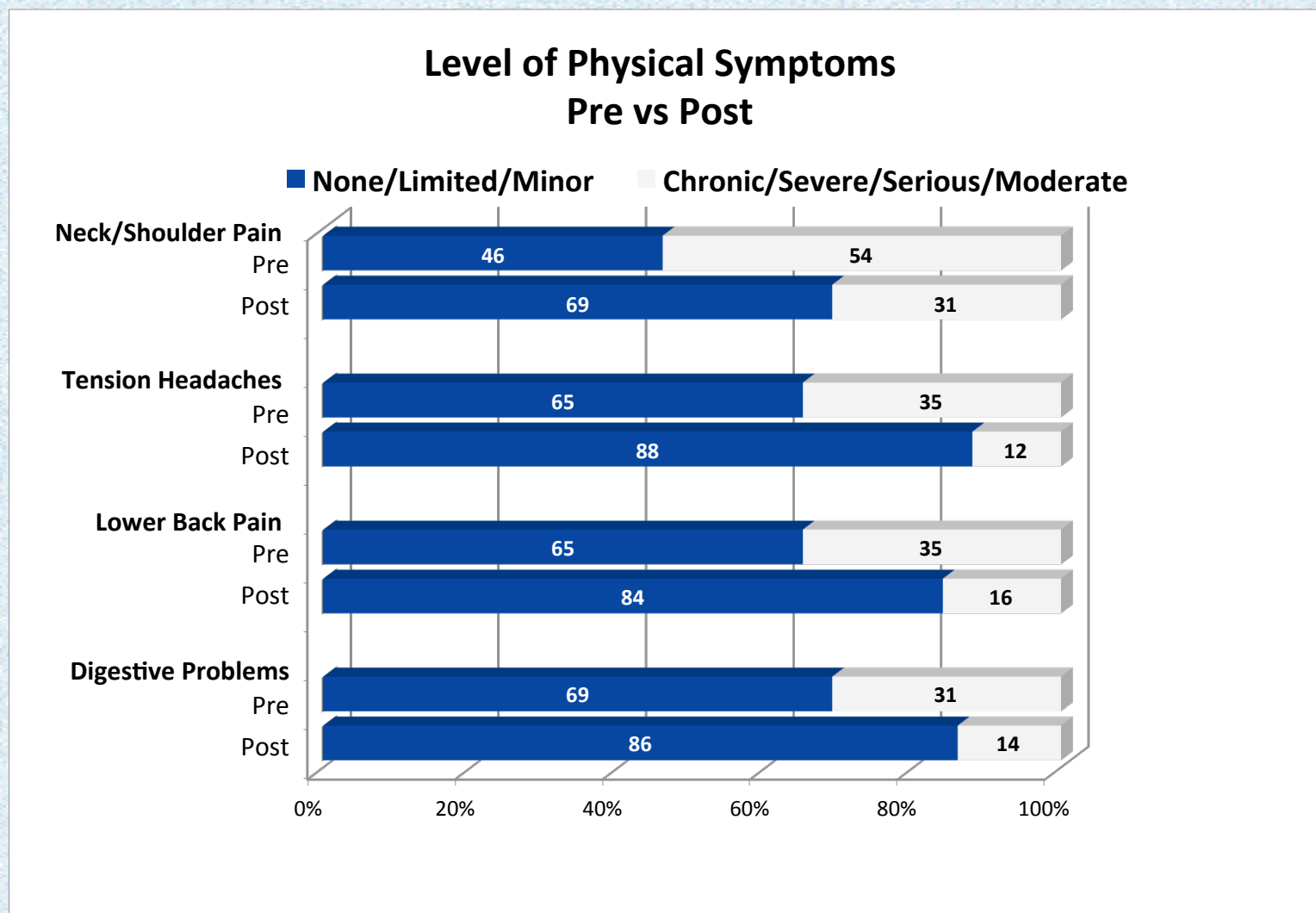


Individual Symptom Change Experiential (continued)



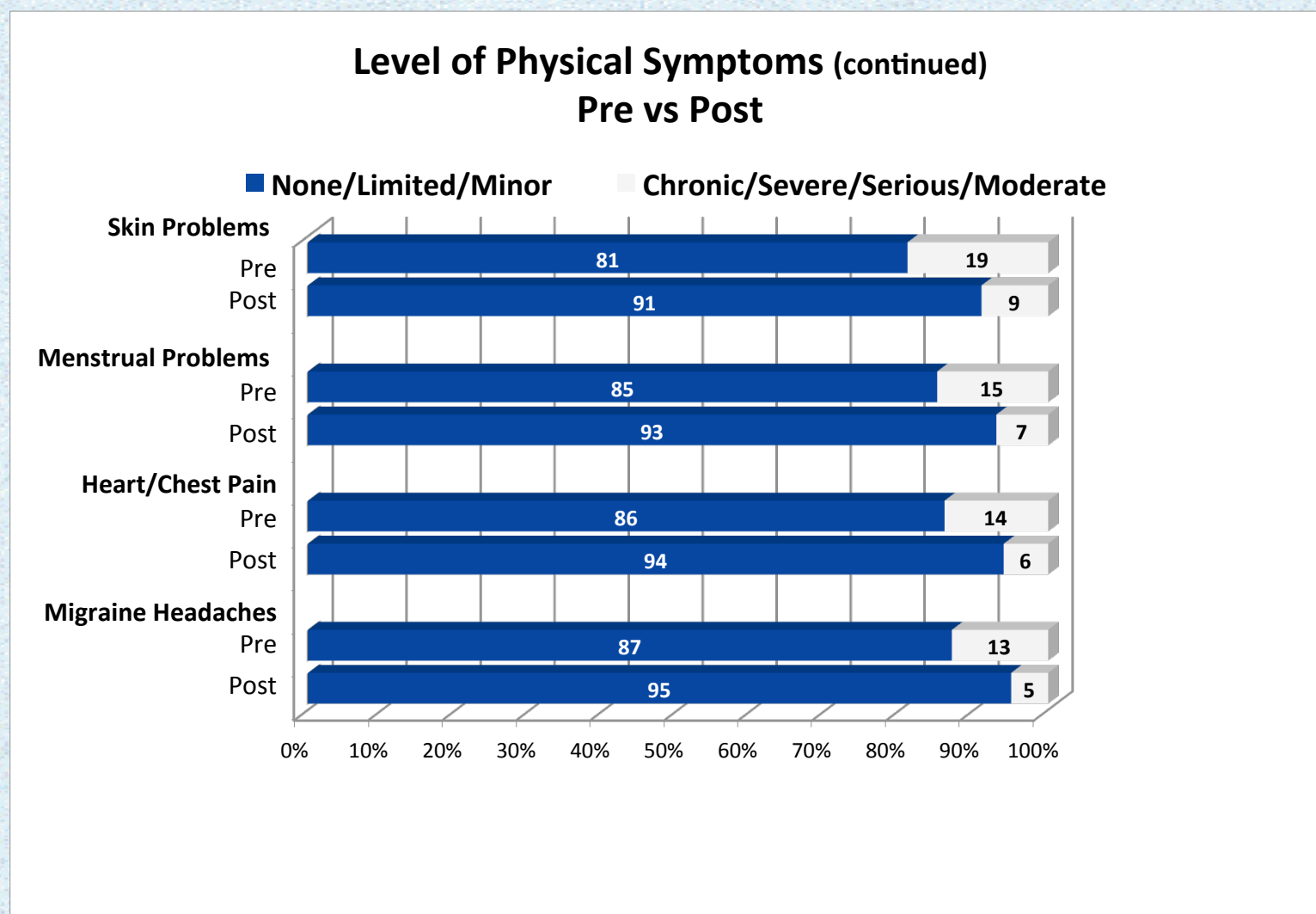


Individual Symptom Change - Physical





Individual Symptom Change – Physical (continued)





Improvements in general health after program completion

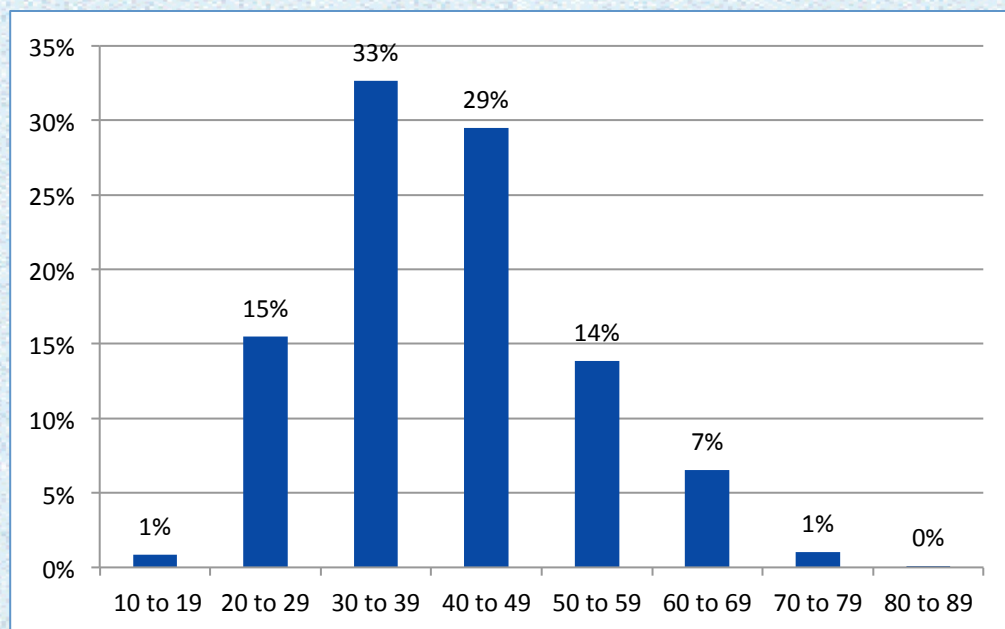
Participants and their doctors reported a number of improvements in general health and a reduction in medications used following participation in the program . Some common examples....

- Significant reduction of hypertension (high blood pressure)
- Improvements in cholesterol levels, digestive conditions (i.e. IBS), Arthritis, Asthma, & Atrial Fibrillation (irregular or very fast heart rate)
- For Diabetics (Type 2) - Reduced dependence on insulin
- Reduced use of antidepressants
- Reduced use of sleeping medications
- Reduced use of pain medication

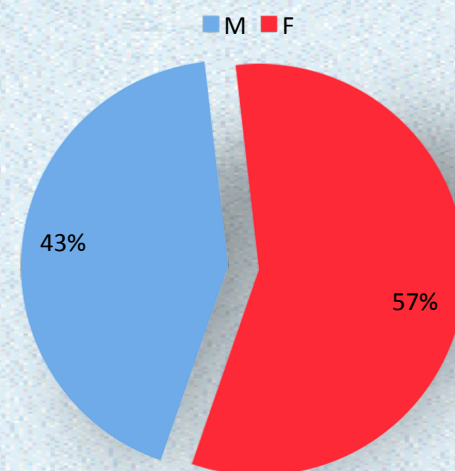


Appendix 1 - Participant Profile

Age Distribution



Male Female Distribution



The demographics of the 2,760 participants is similar to the general population .