

# Career Corner

## Employees Have A New Reason To Stress Less At Work

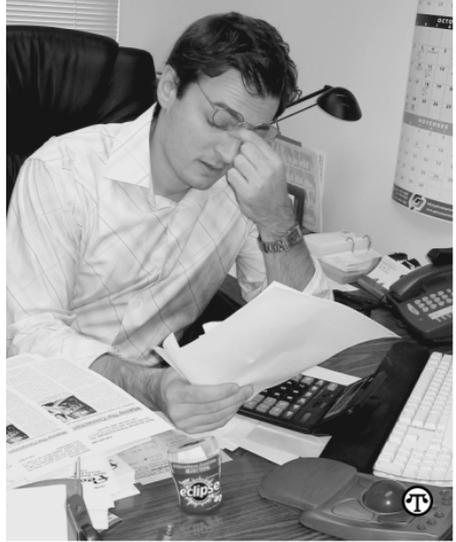
(NAPSA)—Employees rank time pressures, deadlines, office politics and their bosses as the most stress-inducing factors at work, according to a workplace wellness survey conducted by Eclipse® gum and the Institute for Corporate Productivity (i4cp).

“The ability to cope with stress plays a large role in employee performance. We found that 65 percent of respondents do not feel their organization is effective in helping them manage stress. That leaves stress management to individuals,” explains Mary Key, workforce leadership expert for the i4cp.

While alleviating the time pressures or getting a new boss may not be an option, Key says people can use small tools to beat daily stresses at work, such as going outside for a breath of fresh air, closing their eyes while slowly counting to 50 or chewing a piece of gum.

Chewing gum may not have the same effect as a vacation, but new research suggests it is an easy tool that employees can turn to when they're feeling stressed. A recent study examined the effects of chewing gum in response to a stressor and found that the use of chewing gum was associated with reduced stress, improved alertness and relieved anxiety.

Whether working at home or in the office, chewing gum can help employees reduce stress and improve focus and concentration. The Eclipse Big-E-Pak® is the perfect desk accessory—Eclipse gum has the added benefit of containing a natural ingredient scientifically proven to help kill the germs that cause bad breath, giving people one less thing to stress about during the workday.



**Something as simple as chewing gum could help relieve stress in the workplace.**

### Workplace Wellness Tips

Productivity experts at the i4cp recommend a few simple tips to help relieve office stress and increase employee efficiency:

- **Lighten Up:** Company-sponsored social activities can help take the edge off. Survey results showed that the more social activities employees attended, the less stress they reported.

- **Take a Break:** Re-energize before the next task by taking a walk around the office.

- **Bring it On:** Chew a piece of gum. Research shows chewing gum results in an improvement in overall performance on multi-tasking activities.

- **Take Advantage:** Organizations provide hundreds of resources to help employees stay healthy and manage stress. Learn what programs your employer has to offer.

For more information about the benefits of chewing gum, visit [www.wrigleygumisgood.com](http://www.wrigleygumisgood.com).