

# CASE STUDY 1

Mr. Jan Kowalski is an office worker with many years of experience in a large company employing over 500 employees. His duties as a specialist are very wide, often requiring him to work under time pressure, much overtime and frequent business trips. He often feels stressed and overburdened at work, and brings work-related problems home. His employer, knowing the specificity of the work of his subordinates, offers a course of relaxation techniques helping to cope with stress. The courses are completely free and available to every employee. Jan enrolls in this course and attends classes regularly.

As part of the course, Jan learns various relaxation techniques such as breathing exercises, meditation and yoga. He learns how to control his breathing to reduce stress levels, how to focus his attention on the "here and now" and how to perform simple yoga exercises that help to relax and release tension. After a few classes, he gradually begins to introduce these techniques into his everyday life. One example of using these skills is taking a few deep breaths to help calm his mind and relax his body when he feels tensed and stressed at work. In addition he does some simple yoga exercises during breaks between work that help him reduce muscle tension and get rid of stress.



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Thanks to the regular use of relaxation techniques, Jan begins to feel more relaxed and calm at work. He is more focused and effective because his mind is more balanced and focused. In addition, after participating in the course on regular basis, Mr. Jan notices that the relaxation techniques he learned during the training and which he started to use in everyday life have a positive impact on his personal life. He rests more often and enjoys his free time more. He is more relaxed and positive about life.

## Answer the questions:

1. What relaxation techniques do you know?
2. Does your job cause you stress?
3. Is it possible to take advantage of free relaxation courses in your workplace? If not, what techniques would you suggest to implement them in your work?
4. List 8 factors that can cause stress at work.
5. In your opinion, is the approach of the employer in Mr. Jan's company, who finances relaxation techniques courses, appropriate? Give 3 arguments.