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Course

Date

The Impact of a Mindfulness-Based Therapy Program on Employee Stress Reduction in a
Corporate Environment

Workplace stress is becoming a frequent issue that negatively impacts employees' health and well-being. The adverse effects of occupational stress involve raising medical spending for businesses, disengagement, and declining performance. This study intends to investigate how a mindfulness-based treatment approach impacts stress reduction among workers in a business environment.

Literature Review

The usefulness of mindfulness-based therapeutic techniques in a variety of populations, including young adults, those with chronic diseases, and people who feel anxiety and distress, has been the subject of several research. Grossman et al. (2004) meta-analysis found that these programs considerably lessen anxiety, unease, and melancholy. Regrettably, not many studies have looked at how this approach affects reducing stress at work.

Methodology

This study will be done in two groups in a corporate environment with individuals from the technology industry. During five weeks, the intervention group will participate in a mindfulness-based treatment program, whereas the control group won't receive any help.



Seventy volunteers will be enlisted and divided into the intervention and control groups at random.

Data Analysis

To analyze the data and determine if the strategy was useful, we will employ descriptive statistics to find the difference in stress levels between groups after the treatment.

Conclusion

Finally, through our study, we hope to shed important light on how well this certain strategy of mindfulness-based approach might reduce employee anxiety in a professional context. Also, this research may support using such a training strategy at work to increase worker productivity and happiness.

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References

Grossman, P., Niemann, L., Schmidt, S., & Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis

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