

The Impact of Peer Coaching on Stress Reduction



More than three-quarters of adults report symptoms of stress including headaches and trouble sleeping.¹



\$300 billion

It's estimated that job stress causes the U.S. more than \$300 billion each year in absenteeism, lost productivity, turnover, and medical costs.²



How Peer Coaching Works

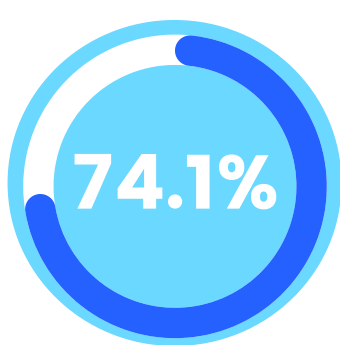
Yeturn Health Peer Coaches provide one-on-one support with stress management, self-care, addictive habits, boundary setting, mindfulness, and similar topics. They are NAADAC-certified and trained in Assertive Community Engagement (ACE). They use ACE strategies and lived experience to guide participants into making meaningful steps by developing new behaviors, increasing family support, and promoting personal accountability.

Proven Results

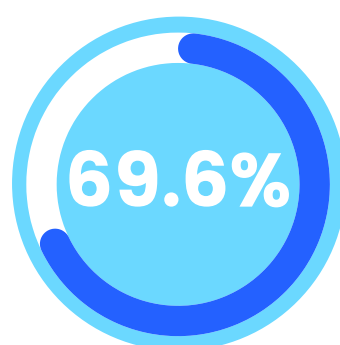
An independently-validated study of Yeturn Health participants enrolled in the peer coaching program for stress management returned the following results:



100% of people had a decreased stress level, regardless of completing the program



74.1% of people had the lowest reportable stress level



69.6% of people who completed the program reported their stress decreased by 69.6%

Contact Us!

To learn more about Yeturn Health and peer coaching and to schedule a demo:

Bridget Kelly
VP, Growth & Strategic Partnerships
bkelly@yeturnhealth.com
978-328-8787

yeturnhealth.com

Sources:

1. American Psychological Association
2. The American Institute of Stress

