

# A Look into the Sersano Experience: TH Hilson



Employee wellness has always been a focus at TH Hilson, so CEO Lori Hilson decided to implement a new program to address stress in the workplace. Sersano was contracted to lead a 20-day onsite program. It consisted of a 15-minute daily program Monday through Friday for four weeks.

The program started with a lunch and learn overview of the effects of stress on the individual and organization and how mind-body approaches can address these issues. Employees completed a survey about their stress level in the workplace to obtain a baseline before the program.

After that, Sersano founder Dr. Jenny Gumm led daily 15-minute mindfulness workshops for employees, using Sersano's Breathe, Move, Pause technique. Employees learned the basic principles of mindfulness meditation, including how to better control one's thoughts and be present in the moment. By focusing on the breath and incorporating simple movements and stretches, employees learned new techniques for combatting stress and self-defeating thoughts.

Following the program, employees took the stress survey again, and the results were remarkable: perceived stress scores decreased by an average of 33 percent in just 20 days.

"It refreshed us," said Shari Skrocki, an employee who participated in the program. "It opened my thoughts again and gave me a whole different outlook. I was able to regroup."

Other employees reported that they learned how to relax during stressful situations, which enabled them to do a better job at work. "I don't think I have to make split decisions [anymore]," commented another employee. "I think before I decide. I feel a little bit more focused."

Another major benefit was the improvement to office camaraderie and teamwork. Employees liked learning something new and participating together. Although the program only lasted 15 minutes each day, employees commented that the effects lasted throughout the whole day, and that it was suddenly easier to get along with coworkers. "You learn more about people and how they react to stress," said Skrocki. "That helped in working with each other. You have better teamwork."

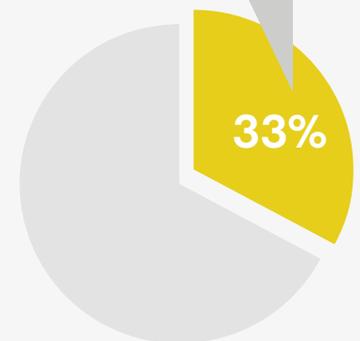
Lori Hilson was pleased that the Sersano program was so successful in noticeably impacting her staff's wellness. She plans to work with Sersano again for a refresher course.



## About TH Hilson

TH Hilson is a mid-sized, specialty chemical distributor based in the Chicagoland area. They take pride in their progressive approach in the industry as well as their company culture.

Perceived stress scores  
decreased by an average of  
33 percent in just 20 days



## About Sersano

In 15 minutes or less each day, Sersano will teach you how to become more present in the moment. Our simple exercises incorporate basic meditation and breathing techniques combined with relaxing movements to help you refocus and re-energize. Countless studies have shown that mindfulness brings out the best in all of us both mentally and physiologically, releasing our true potential. At Sersano, we make mindfulness easy.

