



Vidyashankar Hulikunte Krishnamurthy is a Certified Addiction Medicine and Mental Health professional. With a very good understanding of the services industries workplace dynamics, Vidyashankar Hulikunte Krishnamurthy has designed and delivered many successful employee wellness and stress management programs for corporates of all sizes.

Managing stress is key to maintaining both physical and mental well-being and in this regard, a course tailored for corporate employees titled ‘[employee wellness and stress management](#)’ covers understanding of causes, triggers, effects, tools to deal with stress, techniques and strategies and insights to help individuals improve the way to handle stressful events or situations be it either at workplace or anywhere else.

Stress is an important topic for everyone and especially for people working in the services industry, since the job is both physically and mentally demanding.

Problems at work are more strongly associated with health complaints than are any other life stressor – more so than even financial problems or family problems. Again, surprising? Health care expenses are nearly 50% greater for workers who report high levels of stress. Chronic job stress can put you at risk for:

- Substance abuse
- PTSD
- Aggression
- Workplace Injury
- Cardiovascular Disease
- Suicide
- Depression
- Ulcers
- Anxiety
- Impaired Immune Function
- Others

So, why wait?. Get in touch with us and we will deliver !.

Delivery Model : In house delivered at your business location or a location of your choice anywhere in India or abroad. We can adapt the course contents for you to meet specific needs of your team.

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