

Go with the flow –

how swimming can beat stress



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Stress related illness accounts for 13.4 million sick days each year in the UK. The cost to British industry is estimated to be £317 million a year.

Clearly, employers would benefit from helping to reduce stress in the workplace. The question is, how? Isle of Man businesswoman Sian Griffith has one answer.

Sian operates Brainwaves, a school of swimming, and has recently gained an honours degree in business studies. As part of her studies, Sian carried out a research project to prove that swimming helps combat stress. From her dedicated pool in relaxing surroundings in Union Mills, she operates sessions for individuals – where Sian and

her client are the only people in the pool – as well as workshops for small groups of people.

She quotes John Ruskin's observation on what is required for people to be happy in their work – an observation that is as relevant today as it was in the nineteenth century:

People must be fit for work,

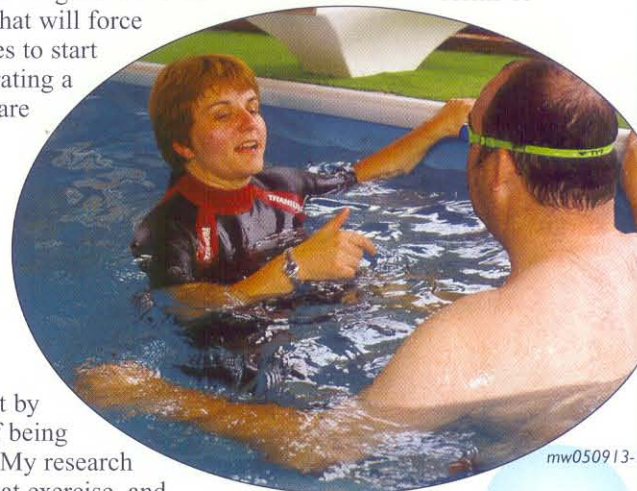
they must not do too much of it, they must have a sense of success in it.

Said Sian: 'Legislation is on the way that will force companies to start demonstrating a duty of care to their staff. Stress has wide ranging effects. I regularly observe people relax, just by the act of being in water. My research proved that exercise, and specifically swimming, not only helps people reduce stress levels but promotes an overall sense of wellbeing that benefits them, their family, their employer and society in general.'

Companies can sponsor groups who use Brainwaves. Group prices vary;

individuals pay £35 for a 45 minute session.

Swimming is one of the best forms of

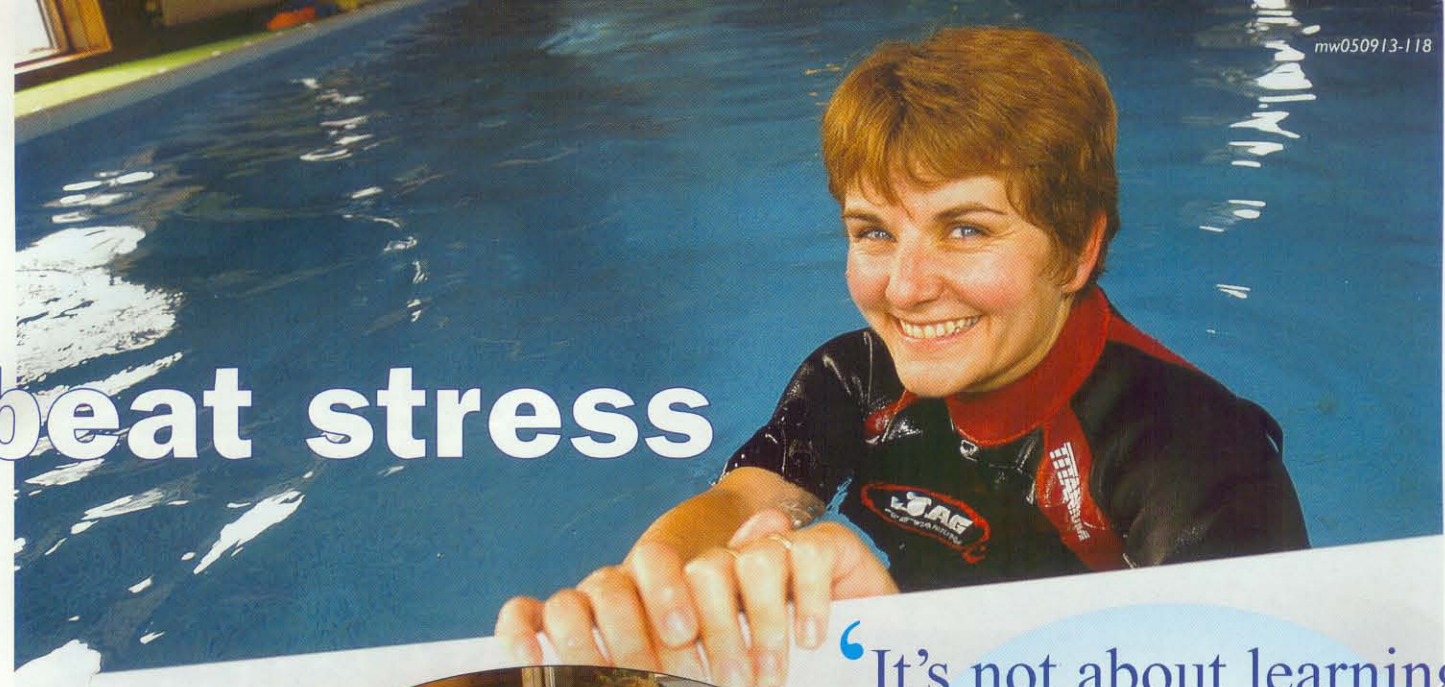


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exercise for maintaining fitness but poor technique can cause more harm than good. Sian can teach beginners how to swim and help people who can already swim to improve their technique – from those who are anxious about putting their face in the water to swimmers who are fit and



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‘It’s not about learning to swim. It’s about learning to enjoy water.’

strong but quickly get out of breath in the pool.

Learning how to relax, breath and become more streamlined in the water is bound to have an effect on other aspects of an individual's life.



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Sian is now studying a post-graduate course in sports science.

She said: 'What I do is not

about learning to swim. It's about learning to enjoy water, and giving people space.'

Contact Sian Griffith on 853021 or email brainwaves2@manx.net