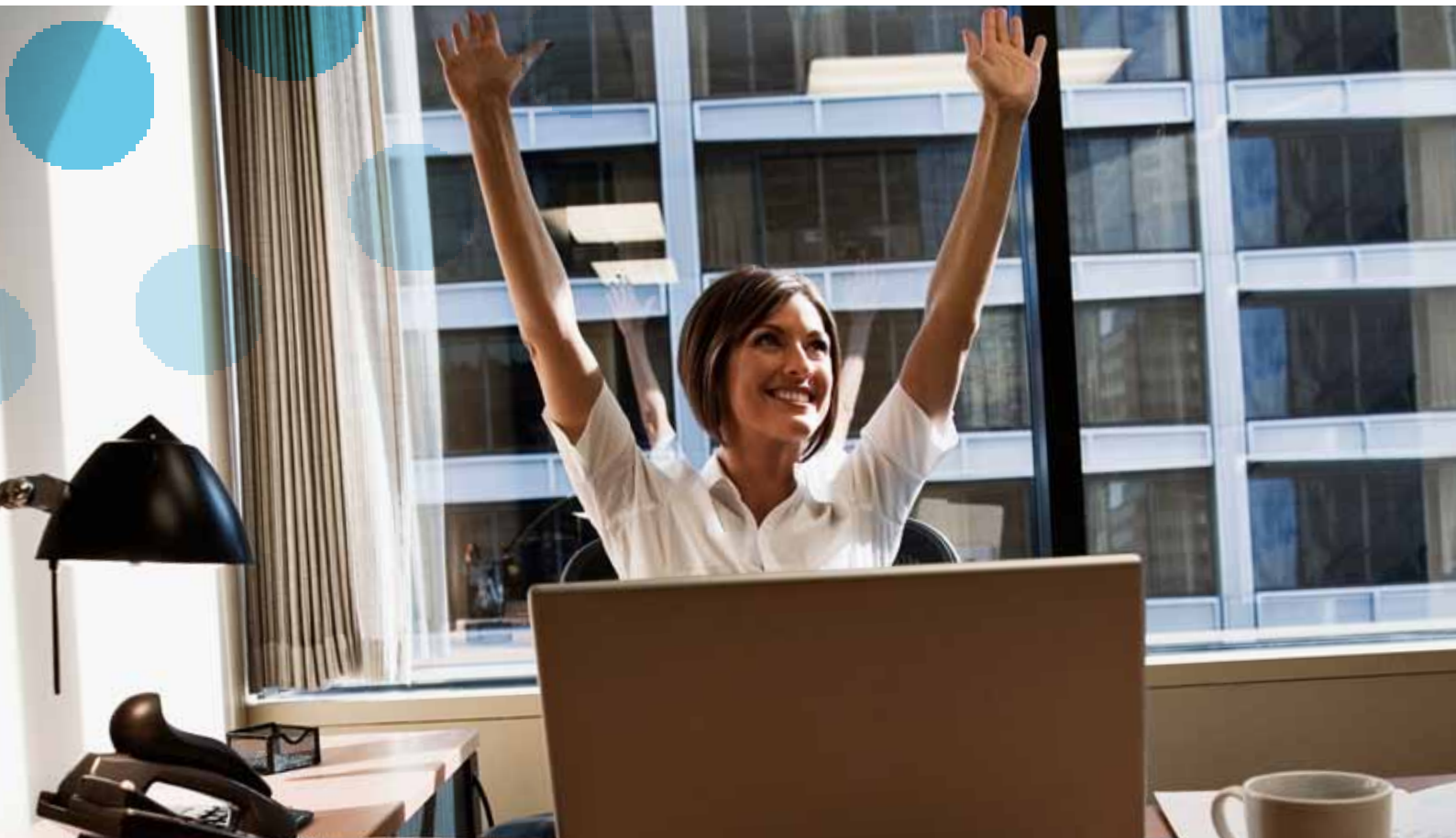


BENEFITS FOR THE COMPANY

It is important that the company acts responsibly to gain its employees' sympathy and equally important that the employee participates.



BUILDS A CULTURE

New employees are attracted by a good workplace culture – the salary offered by your competitors cannot compete with a good culture. Culture is just about everything – besides salary – that the company offers its employees; caring about the employees' well-being is particularly important.

PREVENTS LOSS OF PRODUCTIVITY

When employees get ill, it may cause the productivity to fall and customer support to fail – just to mention two. To make matters worse, the remaining staff has to run faster, causing stress levels to rise and increased sick leave throughout the entire organization is imminent. This is why it is beneficial to direct some effort into health improving initiatives.

BUILDS COMPETENCES

Most companies invest heavily in keeping the employees' competences up-to-date and in continually developing their skills. This is why it is important to keep the competences in the company and to avoid that the employees get too stressed to work.

INCREASES PROFITS

There is a greater chance of winning the game if you have the best team possible. If the goals are to be met, it is important that your employees are in shape and your company maintains its competitiveness – also in the long run.

BENEFITS FOR THE EMPLOYEE

Your company cares about you and strives to make sure that you have optimum conditions for your work performance.



ZEST FOR LIFE

Are you happy for your family and your life as a whole? Do you notice if the sun shines and are you looking forward to something you have to do? Or do you feel engulfed by a maelstrom of tasks and assignments?

JOB SATISFACTION

You hear of people who every morning cannot wait to get to work. Do you feel the same, or is it something you yet have to experience? Are your colleagues your friends and would you like all of you to do something together?

FULLFILLING WORK

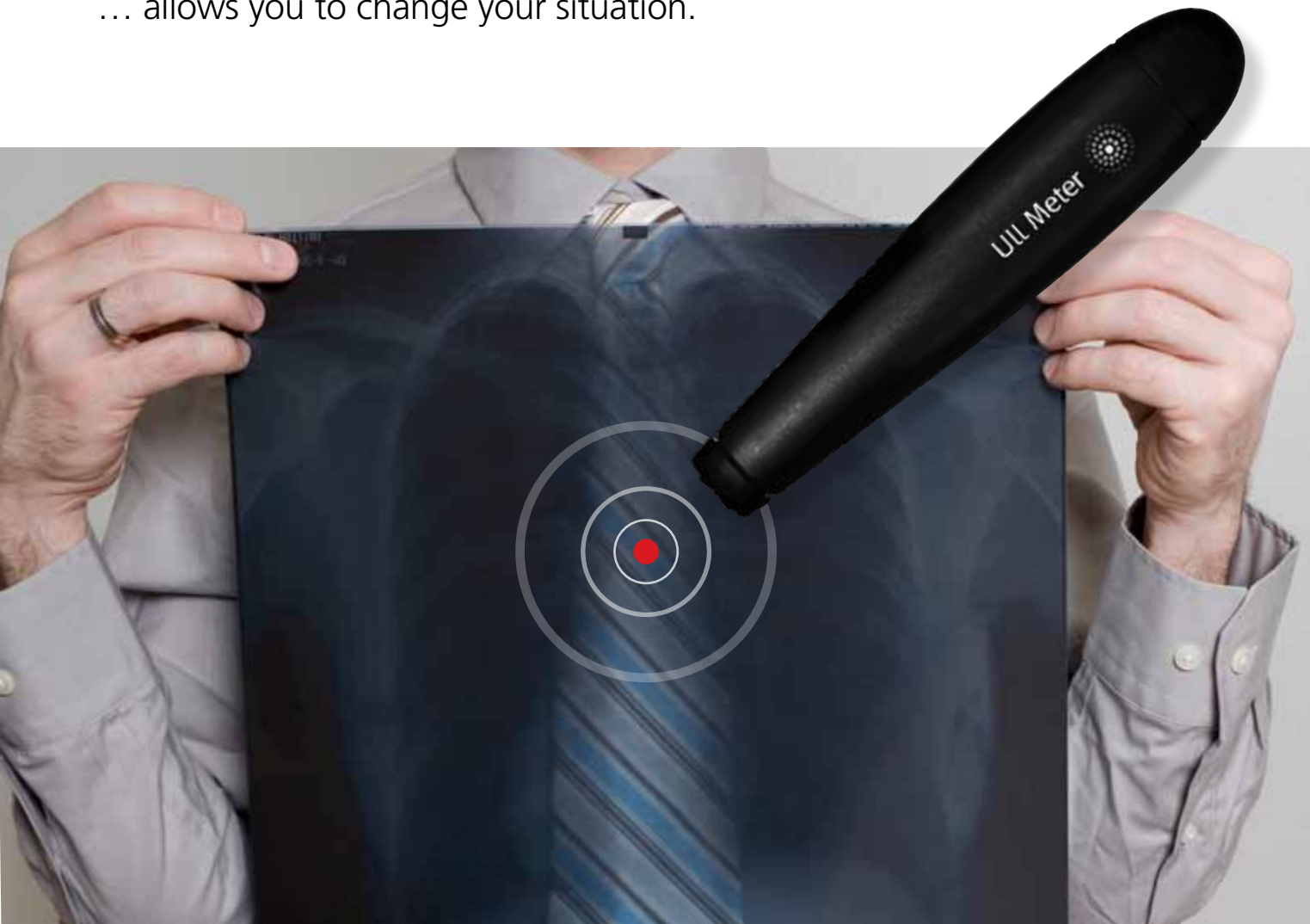
The body is built to give us clear signals when it is overtaxed, but often we ignore the signs because we lack the energy to address the situation. What is the use of yoga and meditation if we cannot find the strength to prioritize the time needed for it?

WILLINGNESS TO CHANGE

We often feel trapped by external circumstances which are difficult to change. But – as it often is – when something isn't satisfying, it is a real change we need. Trying something completely new and not letting the old, worn-out ways keep you down, often helps.

THE TOOL THAT MEASURES YOUR CONDITION

... allows you to change your situation.



TEMPORARY STRESS

It is fun to be part of projects where time and prestige are important and everyone performs to the best of their ability. In such cases, temporary stress is desirable and healthy; it sharpens our senses and improves our performance, and when it is over, the body's balance is restored.

CONTINUOUS STRESS

When the brain is subjected to long periods of physical and mental stress without sufficient restitution-time, continuous stress is the result. The processes which usually prepare the entire organism to maximum performance during battle or escape are maintained for so long that they become destructive. The state eats into the body's resources to a degree where performance is impaired and – if it continues – will lead to illness.

ULL METER

An Ull Meter is a patented and highly specialized instrument, which via an applied pressure against the sorest area on the sternum is capable to register the employee's pain threshold either when she or he says stop or when it registers a defence reflex.

ULL MEASURE

The result of the measurement by the Ull Meter is an objective figure (Ull Measure) which shows the stress level of the person. Devising the precautionary measures and healing program for each employee is based on the Ull Measure.

GET OFF TO A HEALTHY PROCESS

... where the goal is visible from the start.



HEALTH CHECK

In order to offer each employee an individual indication of needs, an objective measurement of stress and health are conducted. Based on the findings of each employee, an individual training program is devised.

TRAINING

The entire staff has to be trained to the level of knowledge needed to prevent stress or seek help in time. Furthermore, the employees must learn to utilize her or his own resources more efficiently and in that way obtain a better life.

GUIDED PROCESS

Instructors from Ull Care will guide the most stressed employees and the management through the process. The remainder of the staff train themselves with the option of getting supplementary help if needed.

FOLLOW-UP

The process runs for a period of three years which makes its lasting value obvious to both employees and management. Each year, all employees will have a follow up on their health – this results in an individual feedback and a full report to the management.

THE PROBLEM IS CONTINUOUS STRESS

ACKNOWLEDGE THE PROBLEM

When the assignments pile up and we keep telling ourselves that we have to finish just one more task before we let ourselves relax, then we are inclined to ignore the body's signals of overload in order to achieve that goal. At the same time our brain suppresses the warning signals which makes them difficult to perceive. But symptoms like dizziness and perplexity may be dangerous to ignore, because they clearly indicate that we are running on borrowed time. Soon, even modest tasks become insuperable.


On the short track, it is positive for an employer that an employee has a constant, high pace of work, but an abyss of serious and continuous stress awaits straight ahead: the company is about to lose an important employee and vital know-how.

Generally, the number of stress related cases is on the rise, and if an organization experiences that 10% of the staff either burns out or has to take special work at a slower pace, it is a serious matter.

BEFORE IT'S TOO LATE

Instead of soothing the body's danger signals with wine, tobacco or pain killers, much hardship can be avoided if we spend more time to listen to what our body tells us. Some try to keep the stress under control by running. Fresh air and exercise often is a very good DIY idea, but it will not remove the underlying problem; namely, the imbalance elsewhere in our lives.

Once we finally realize the problems, we are unfortunately spiraling into a vortex of stress. We have lost our bearing – and we have no means of getting back on course. You have to nip the problem in the bud, and this is where Ull Care can step in as an outside and objective partner who, on a regular basis, can test the employees for imbalances in order to take action before serious consequences arise.



More than 100.000 Danes
suffer from stress – every year.

PLEASE CONTACT US FOR FURTHER INFORMATION



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THE SHORTCUT TO BETTER PERFORMANCE



THE SOLUTION IS SIMPLY INGENUOUS

THE IDEA

Several thousands of years ago the Chinese found that some nerves are directly linked to the brain. E.g. the instantaneous message of “very hot” from a nerve releases a reflex in the brain which prevents us from burning our fingers.

These findings lead to stimulating the nerves with needles which in return would trigger signals to the brain thus preventing or curing certain diseases. The treatment is called acupuncture.


Like acupuncture, it was later discovered that applied pressure to certain nerve centers also influences specific areas in the brain. This is called acupressure and it stands in the centre of the Ull Care program.

HOW IT WORKS

When humans are subjected to stress and mental strain a soreness or pain manifests itself in a particular area above the sternum (or breastbone). The sore area is directly connected to hypothalamus’ stress reaction in the brain: the more stress a person experiences, the greater the soreness. The area is not fixed, but it tends to move about a bit.

In a matter of a few simple lessons, most users are fully capable of measuring the level of soreness by using the Ull Meter. The Ull Meter registers the amount of pressure the user needs to apply to the sore area before the pain threshold is reached. A simple scale gives a unique, objective measure of the stress level: The Ull Measure. Thus the body’s reaction to the current stress level can be measured and compared on a day-to-day basis.

Like the pulse of the heart gives valuable information with respect to its condition and its capacity to work, the Ull Measure gives important information of the person’s mental, emotional and physical condition. The Ull Measure reveals whether the person is heading towards lowered performance and decreased health or – hopefully – towards a positive capacity and increased health.

A photograph of a man with short dark hair, wearing a light blue sweater over a collared shirt. He is smiling broadly and pointing his right hand directly at the camera. The background is a simple, light-colored wall.

**Become aware of what
stresses you – and remove it!**