

— A PRIMER FOR LEADERS & TEAMS

biofield therapies, explained for business

The *Calm* Advantage

What these gentle, energy-based practices actually are — and how a steadier nervous system makes for **sharper decisions, cleaner communication, and teams that don't burn out.**

Burnout is now a *leadership* problem.

76%

of employees feel burned out on the job at least sometimes; 28% "very often" or "always."

~49%

of workers report feeling **work-related stress every single day.**

70%

of the variance in team engagement traces to the manager. **Stress at the top cascades.**

Most fixes target the workload. Few help the nervous system itself recover — which is where biofield therapies come in.

Start here

So what is a “*biofield*”?

The term was coined at a 1990s U.S. National Institutes of Health meeting to describe the subtle field of **energy and information** thought to surround and permeate the living body.

Biofield therapies are gentle, non-invasive practices where a trained practitioner works with that field — through light touch, or hands held just near the body — to invite it toward calm and balance.

The field itself is described as “putative”: proposed, but not yet measured by conventional instruments. So we'll focus on what people reliably feel — and what the research can actually support.

Five practices, one *umbrella*

- **Reiki** — light hand placements that channel what practitioners call universal life energy.
- **Therapeutic Touch** — hands moved on or near the body with the intent to rebalance energy.
- **Healing Touch** — a gentle, structured sequence of energy-based techniques.
- **External Qigong** — breath, movement and intention drawn from Chinese tradition.
- **Polarity Therapy** — touch and bodywork aimed at easing energetic “blocks.”

| All sit within the mind-and-body category recognized by the U.S. NCCIH.

The part that's well understood

It reliably triggers deep *relaxation*.

Whatever you believe about “energy,” sessions consistently produce one measurable thing: a **relaxation response**.

Breathing slows, heart rate settles, and the body shifts out of fight-or-flight and into rest-and-recover mode.

That calmer state is exactly where **clear thinking, emotional regulation, and genuine recovery** happen.

| *Calm isn't the absence of pressure. It's the state that lets you handle it.*

What the evidence *does* — and doesn't — show

PROMISING

Preliminary studies link biofield therapies to **lower stress, anxiety and fatigue**. One 2025 review found 5 of 7 studies showed significant stress reduction in students and healthcare staff.

HONEST CAVEATS

Trials are **small, hard to blind, and mixed**. Much of the benefit is attributed to relaxation and expectation. Treat it as a complementary wellbeing practice — not medical treatment.

The credible promise isn't a miracle cure. It's a dependable, low-risk route back to calm — and that alone is worth a great deal at work.

Benefit 01

Clearer decisions under *pressure*

A regulated nervous system widens attention and keeps working memory online. A stressed one narrows both — which is when leaders make reactive, short-horizon calls.

Being able to **down-shift on demand** means holding complexity longer and choosing the response instead of defaulting to it.

Benefit 02

Presence people can *feel*

Regular relaxation practice strengthens emotional regulation — the quiet gap between **reacting and responding**.

Calmer leaders listen more fully, give cleaner feedback, and set a tone the whole room tends to mirror. Composure is contagious.

Benefit 03

Resilience that *compounds*

Recovery is a skill, not a reward. Teams that practice down-regulating **bounce back faster** from setbacks and stay steadier through change.

And because stress and calm both travel through a group, one regulated leader quietly **steadies everyone downstream**.

Bringing it into your *organization*

- **Try it yourself first.** Book a session; notice the state you're in afterward.
- **Offer taster sessions** at an offsite, retreat, or wellbeing day.
- **Pair it with the basics** — realistic workloads, recovery time, psychological safety.
- **Measure what matters** — perceived stress, sleep, focus, retention.

Position it as one tool inside a real wellbeing strategy — never a substitute for fixing the system.

Steady people build *steady companies.*

Biofield therapies won't fix a broken system. But they give leaders and teams a reliable way back to **calm, clarity, and recovery**. In a burnout economy, that's an edge worth having.

Curious whether this could fit your team?

Let's talk about a session or a workshop.

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Coach & intuitive guide for leaders and teams

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Where this comes from

- 1 **NCCIH** — National Center for Complementary & Integrative Health (NIH): energy/biofield approaches & the "putative" field. nccih.nih.gov
- 2 **Sprengel ML, et al.** Biofield Therapies Clinical Research Landscape: A Scoping Review & Interactive Evidence Map. *J Integr Complement Med*, 2025.
- 3 **Jain S, Mills PJ, et al.** Clinical Studies of Biofield Therapies: Summary, Methodological Challenges & Recommendations. *Glob Adv Health Med*, 2015.
- 4 **Sharbin GK, Metzger K.** Therapeutic Touch & Reiki for Stress in Students & Healthcare Personnel: A Literature Review. *Medical Science Educator*, 2025.
- 5 **Gallup.** State of the Global Workplace 2025; Employee Burnout: Causes and Cures.
- 6 **University of Minnesota** — Taking Charge of Your Wellbeing: Reiki & Therapeutic Touch research summaries.
- 7 **Aflac** WorkForces Report, 2025 — U.S. workplace stress & burnout data.

Educational content only — not medical advice. Biofield therapies are complementary wellbeing practices and are not a substitute for professional medical or mental-health care. Statistics are paraphrased from the sources above.