



THE PHYSIOLOGY LAB

Workshop Overview: Athletes' Guide to Stress Adaptation

Physiology lab Workshops are designed to help athletes understand how stress—whether physical, emotional, or mental—impacts their bodies and performance. These workshops focus on evidence-based strategies that athletes can implement to better manage stress, improve focus, enhance recovery, and optimize performance in competitive environments.

Whether you're a seasoned professional or an amateur athlete, this workshop will provide you with the tools to improve your physical and mental resilience to stress, enabling you to perform at your peak when it matters most.



Kimberley Collins holds a double Bachelor's in Health Science and Applied Science Osteopathy, with over seven years of experience as an Osteopath in private practice.

She has worked with athletes to optimise physical performance, prevent injury, and improve overall well-being. Kimberley has recently joined the Physiology First and Oxygen Advantage team to bring her expertise to sporting clubs, helping athletes enhance their resilience to stress and improve their training outcomes.

PROJECT OBJECTIVES

Understanding Stress in Sport: Gain an in-depth understanding of the stress response and how it impacts performance, recovery, and injury prevention.

Physiological Responses to Stress: Learn about the body's physiological responses to both acute and chronic stress and how it affects muscle function, coordination, and overall athletic ability.

Improving Recovery and Focus: Discover techniques to enhance recovery by regulating the nervous system and reducing the impact of stress on muscle recovery.

Practical Tools for Stress Management: Participate in interactive exercises designed to improve heart rate variability, manage stress under pressure, and optimize mental focus.

Breathwork for Performance: Learn breathing techniques that can reduce anxiety, improve concentration, and increase overall physical performance under stress.

WHY DO THESE WORKSHOPS?

The World Health Organisation reported a 25% average increase in mental health issues during the pandemic, largely due to disruptions in mental health services, which made accessing support challenging.

Stress is a natural part of sports, whether it's the physical stress of intense training or the mental stress of competition. However, how an athlete adapts to and manages that stress can make all the difference between peak performance and burnout.

Teaching people to recognise and understand their own physiological responses, along with providing them with objective tools to manage these responses, can significantly reduce the need for urgent support and empower them with greater autonomy.

Athletes who can effectively manage both physical and psychological stress demonstrate improved endurance, focus, and recovery time.

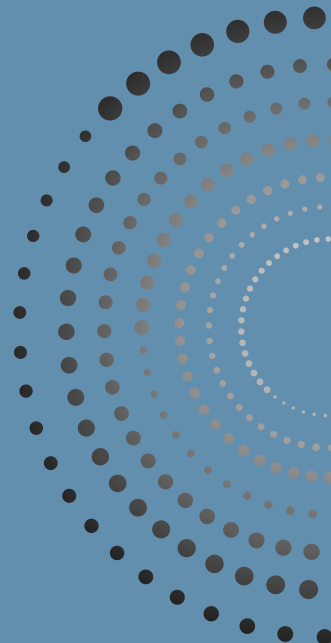
Workshop Key Benefits for Athletes

Enhanced Physical Performance: Learn to manage stress effectively, improving muscle function, endurance, and overall performance during training and competition.

Better Focus & Mental Clarity: Practical techniques to improve concentration and mental resilience under pressure, helping athletes perform their best when it counts.

Faster Recovery: Strategies to reduce the physical and mental toll of training, speeding up recovery and reducing the risk of injury.

Stress Management Tools: Learn how to regulate your body's response to stress, optimising recovery and reducing performance anxiety.



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