



THE PHYSIOLOGY LAB

Workshop Overview: Stress Management & Academic Performance

Physiology Lab Workshops are designed to equip students with the tools they need to manage stress, enhance focus, and improve overall well-being. These workshops are specifically tailored to address the challenges students face in balancing academic pressures, extracurricular activities, and personal life. By teaching students how to understand and manage their body's responses to stress, these workshops help build resilience, reduce anxiety, and boost both mental and physical performance.



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. With a passion for promoting student health and well-being, Kimberley has recently joined the Oxygen Advantage program and Physiology First team to bring evidence-based workshops to schools, aimed at helping students manage stress, improve focus, and build resilience for academic and personal success.

PROJECT OBJECTIVES

- **Understanding Stress and Its Impact on Learning:** Learn how stress affects the brain and body, and its impact on memory, concentration, and academic performance.
- **Recognising Stress Responses:** Teach students how to recognise physical and emotional symptoms of stress, and how to identify stress triggers in their environment.
- **Practical Stress Management Tools:** Introduce techniques such as body awareness, breathing exercises, and simple physical activities that can be used to manage stress and anxiety.
- **Improving Focus and Performance:** Equip students with strategies to enhance focus, retain information better, and reduce test anxiety.
- **Breathwork for Calm and Clarity:** Guide students through breathing techniques that help reduce anxiety, increase mental clarity, and improve focus during study and exams.

WHY DO THESE WORKSHOPS?

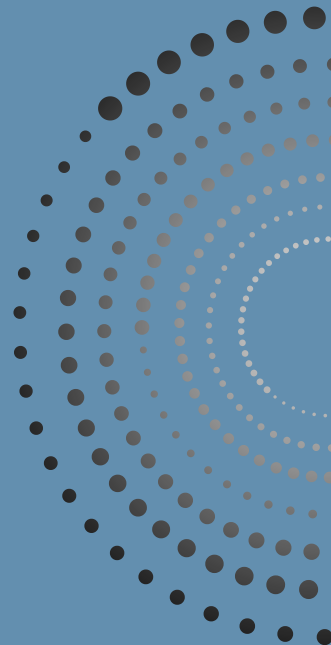
The World Health Organisation reported a 25% average increase in mental health issues during the pandemic, largely due to disruptions in mental health services, which made accessing support challenging.

School life can be stressful, with academic pressures, social challenges, and extracurricular commitments. The ability to manage stress and maintain a balanced mind and body is crucial for students' well-being and success.

Research shows that stress, when not properly managed, can negatively affect academic performance, memory retention, and mental health. By teaching students how to regulate their stress responses and use simple, effective tools to manage anxiety, these workshops empower students to perform at their best, both in the classroom and in their personal lives. Additionally, provides them with objective tools to manage these responses, significantly reducing the need for urgent support and empower them with greater autonomy.

Workshop Key Benefits for Students

- **Improved Focus and Concentration:** Learn how to stay focused during lessons, assignments, and exams.
- **Enhanced Academic Performance:** Stress management techniques help students improve their memory and problem-solving skills.
- **Greater Emotional Resilience:** Gain the ability to cope with school-related challenges, including exam stress, social pressures, and workload.
- **Better Physical and Mental Health:** Learn the importance of body awareness, stress-reduction strategies, and the role of breathing in improving emotional and physical health.



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