

# THE PHYSIOLOGY LAB

## WORKSHOP OVERVIEW: STRESS MANAGEMENT, WELL-BEING & PERFORMANCE IN YOUR WORKPLACE



### WHO AM I

Kimberley Collins holds a double Bachelor's in Health Science and Applied Science Osteopathy, with almost a decade of experience as an Osteopath in private practice. With a passion for promoting health and well-being, Kimberley has recently joined the Oxygen Advantage program to bring evidence-based workshops to workplaces aimed at helping manage stress, improve focus, and build resilience for professional and personal success.

### WHAT WE DO:

Stress is a growing concern, especially in demanding work environments like emergency services and other high-stress workplaces. With increasing challenges in accessing mental health services, it's critical to equip your team with self-management strategies that can be applied every day.

Physiology First Workshops are designed to help participants understand how stress—arising from workplace demands as well as external life factors—impacts the body, decision-making, and overall performance.

These workshops focus on evidence-based strategies that can be applied across professional and personal contexts to manage stress effectively, improve focus and productivity, support recovery, and optimise performance in demanding environments.



### PROJECT OBJECTIVES

- **Evidence-Based Education:**  
Engaging, research-informed presentations that clearly explain stress, its physiological effects on the body, and the role of the nervous system.
- **Body Awareness:**  
Guiding participants to recognise personal stress responses and identify environmental and behavioural triggers.
- **Practical Stress Management Tools:**  
Interactive activities designed to enhance heart rate variability, build resilience under pressure, and optimise mental focus.
- **Breathing Techniques:**  
Exploring the importance of functional breathing and its wide-ranging health benefits, followed by a guided, hands-on breathwork session to embed these skills.



## WHY DO THESE WORKSHOPS?

The World Health Organization reported an average 25% increase in mental health conditions during the pandemic, largely attributed to disruptions in mental health services and reduced access to support.

In this context, it is increasingly important to identify practical ways to support individuals within the community who may not always have immediate access to mental health resources. Educating people to recognise and understand their own physiological stress responses, and equipping them with objective, evidence-based tools to regulate these responses, can reduce reliance on urgent support services while fostering greater self-efficacy and resilience.

The aim of this workshop is to provide clear, accessible, and practical education that empowers participants with skills shown to improve focus, enhance performance, reduce stress, and increase self-awareness.

**OXYGEN ADVANTAGE®**  
FUNCTIONAL BREATHING INSTRUCTOR

## WORKSHOP KEY BENEFITS FOR PARTICIPANTS

### **Increased Focus and Productivity:**

Equip employees with tools to stay focused and perform under pressure.

### **Improved Mental Resilience:**

Enhance the ability to handle stress in demanding situations.

### **Practical, Easy-to-Apply Techniques:**

Simple, actionable stress management tools employees can use daily.

### **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.



## CONTACT US TODAY TO BOOK YOUR WORKSHOP

Email: [info@thephysiologylab.com](mailto:info@thephysiologylab.com)

Phone: 0433 219 716

Website: [www.thephysiologylab.com](http://www.thephysiologylab.com)