



THE PHYSIOLOGY LAB

Workshop Overview: Stress Management, Well-Being & Performance in Your Workplace

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—whether physical, emotional, or mental—impacts their bodies and performance. These workshops focus on evidence-based strategies that participants can implement to better manage stress, improve focus, enhance recovery, and optimise performance within various environments.



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 health and well-being, Kimberley has recently joined the Physiology First team and 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.

PROJECT OBJECTIVES

- **Evidence-Based Education:** Presenting clear and informative slides that explain what stress is, how it affects the body, the physiological responses involved, and the role of the nervous system.
- **Body Awareness:** Helping participants learn how to recognise their own stress symptoms and identify potential triggers in their environment.
- **Practical Tools for Stress Management:** Participate in interactive exercises designed to improve heart rate variability, manage stress under pressure, and optimise mental focus.
- **Breathing Techniques:** Discussing the importance of functional breathing and its profound benefits on health, followed by a hands-on breath work session to practice these techniques.

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.

Given this context, it is crucial to explore ways to assist people in the community who may not always have immediate access to mental health resources. 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. The aim of this workshop is to deliver uncomplicated, accessible education to the community. These tools have been demonstrated to improve focus, enhance performance, reduce stress, and increase self-awareness

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.



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