

THE PHYSIOLOGY LAB

WORKSHOP OVERVIEW: STRESS MANAGEMENT & ACADEMIC PERFORMANCE



WHO AM I

Kimberley Collins holds a double Bachelor's in Health Science and Applied Science Osteopathy, with over eight 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

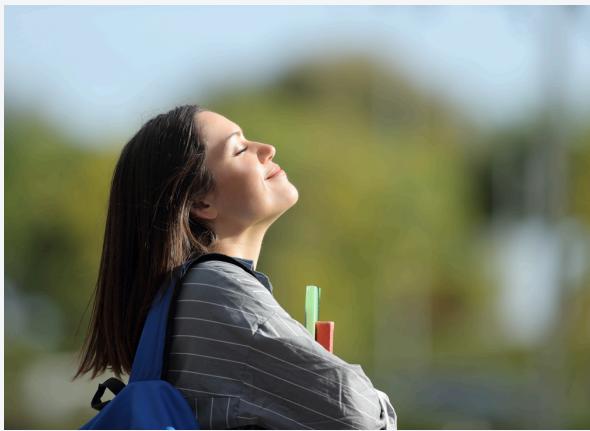
- Understanding Stress and Learning:** Explore how stress affects the brain, memory, concentration, and academic performance.
- Recognising Stress Responses:** Identify physical and emotional signs of stress and common triggers.
- Practical Stress Management Tools:** Learn simple techniques such as body awareness, breathing, and movement to manage stress.
- Improving Focus and Performance:** Develop strategies to enhance concentration, memory retention, and reduce test anxiety.
- Breathwork for Calm and Clarity:** Practice breathing techniques to reduce anxiety and improve focus during study and exams.

WHAT WE DO:

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.



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.

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.

CONTACT US TODAY TO BOOK YOUR WORKSHOP

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