

Year round



## Stress management workshop

Learn how stress affects us all in daily life and work. And discover self-supportive and mindful ways, to manage stress, along with the anxiety, fatigue and overwhelm it can cause.

Inspire healthy habits to enable more connected, compassionate and resilient teams, whether office based, remote or hybrid.

### Duration

- 1 to 2 hour
- Remote *or* onsite

### Format

- Collaborative
- *or* Talk only

### Costs

- Website prices
- Bespoke agreed



*"The wellbeing cost of stress goes far beyond the growing workplace absence and illness numbers. It impacts our happiness and performance in our roles. And it affects our relationships with, and sometimes empathy for, the experiences of colleagues, friends and loved ones. But even world events, and ever-changing working situations, which might generate stress, can be used to cultivate greater health, happiness and wellbeing"*

### Derek Hill | Waking Waves

Mindfulness and Compassion teacher | CPCAB accredited



## Key learning topics

# 1

## The Impact of Stress

How does our physical, mental and emotional health suffer? What is the wellbeing cost for teams & orgs?

# 2

## Everyone gets Stressed!

But why do we experience it in the first place? Why so much of it? When does it happen most often?

# 3

## Tigers and Triggers

Our 'reactions' have barely changed for a million years. There may not be sabre-tooth tigers anymore but there are far more triggers!





## Self-supportive strategies



### Knowing our Triggers

By identifying and understanding what triggers our stress response, we can better prepare ourselves.

**Learn to separate noise from real nuisance**



### Responding not Reacting

Some reactions are entirely automatic but often there is space to pause, to choose a healthy response.

**Healthy practices and attitudes to help us respond**



### Helpful Intentions & Choices

We can't STOP stress. But we don't need to! Instead we can intentionally introduce supportive behaviours.

**Building habits to reduce reactivity and symptoms**





Learning outcomes and takeaways



## Wellbeing boosting habits

Give teams practical, relatable and fully 'remote' ways to manage stress, encouraging empathy for others too.

**Staff wellbeing and engagement activity**



## Free resources

Stress response walkthrough videos and articles.  
Free guided video course with audio accessible on..



## Continued learning

Reading, watch list and self-assessment tools.  
Reduced rate access to Waking Waves courses.

**Promoting lifelong healthy habits**





Reserve now...

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✉ [derek.hill@wakingwaves.com](mailto:derek.hill@wakingwaves.com) ☎ 07787 130 547



[wakingwaves.com](http://wakingwaves.com)