

## Sample Stress and Wellbeing Workshops (1-2 hours)



### Don't Let your Computer Kill You! (Nicki Davey)

Spending prolonged periods of time working at a computer has a negative effect on the body and mind. This workshop will raise your awareness of the damage which can be caused and teaches you a range of techniques and ideas to combat this.

During this highly interactive session, you'll find out about the different ways in which computer use affects your body and mind, and how you can maintain a healthy balance. This involves using specific techniques such as stretches, self-massage techniques and visual exercises, tips on reducing the harmful effects of a computer's electro-magnetic field, and advice on minimising the stress associated with emails and computer-based communication.



### Singing for joy and wellbeing (Nicki Davey)

Singing in a group is joyous, uplifting and powerful. It creates a sense of collective enjoyment and shared purpose, breaks down barriers, increases our sense of community, belonging and shared experience, and creates a strong team spirit as well as generating a fabulous sound.

Singing also has proven physical and psychological benefits which improve your sense of wellbeing and make you live longer. However most of us sing in the car/loo/shower, but are terrified of singing in front of others, so we miss out on the amazingly life-affirming, unifying and positive experience which singing with others provides.

This workshop will help you overcome your fears and experience the sheer joy of singing together. We'll sing chants and simple songs from around the world in a group and no-one will have to sing on their own. Everyone is guaranteed to relax, have fun, and feel great afterwards!!



### 6 Top Tips for Managing Stress

Stress is defined by the Stress Management Society as "a situation where the demands on a person exceed that person's resources or ability to cope." We can manage our stress in 2 ways - by reducing the demands and pressures on us, or by increasing the ability to cope (or a combination of the two). This workshop will teach you 3 simple, practical techniques to reduce the demands on you, and 3 to increase your coping ability.



## **The Art of Bouncing Back – Personal Resilience for Tough Times**

In the face of constant change and increasing pressure and uncertainty, it's essential to have effective coping mechanisms which make us more emotionally resilient. In this workshop you'll be introduced to the concept of emotional resilience and will learn 3 key techniques to help you deal positively with challenges and pressure. Learn how to maintain a positive mental outlook and deal with difficult situations in a positive way, how to feel more in control by managing your responses and focusing on the things that really matter, and how to use a simple breathing technique for instant calming.

## **De-stress at your Desk (Nicki Davey or Mark Pogson)**



Learn a set of easy exercises to reduce stress, increase energy, improve concentration and combat the effects of prolonged computer use without even leaving your office! This short series of exercises has been designed to be simple and easy to do in the workplace without special equipment or space, and is guaranteed to help you unwind when things are getting stressful.



## **Introduction to Qigong (Mark Pogson)**

Improve your health and fitness the Chinese way. Qigong (Chi Kung) is a Chinese healing art involving gentle movement, breathing exercises and stretches. Qigong means “energy cultivation” or “training the breath” and covers a broad range of exercises to generate and nourish Chi (life energy). In this workshop, you'll gain an introduction to Qigong and practice a range of techniques to help you relax, calm your mind and improve your concentration, as well as increasing circulation and improving flexibility, co-ordination and posture.

## **Simple Self Massage (Mark Pogson)**



This workshop will teach you simple massage techniques which you can use on yourself to reduce stress and improve vitality. You'll learn a range of self-massage techniques which can be used to ease tension, remove aches, pains and stiffness, or to increase energy levels and feel revitalised, and a set of “self-help” acupressure points on the body to address specific issues. All massage techniques will be conducted with participants remaining fully clothed throughout.

**For more information contact Nicki Davey**

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