

# Feel Calmer, Think Clearer: Manage Your Stress Response at Work and Beyond

## Transform Your Stress Response with Practical, Effective Tools

31% of people in the UK say they feel very or fairly stressed even when they're not working and not thinking about work, and in 2022-2023, about 875,000 people in Great Britain reported work-related stress, depression, or anxiety. Our *Calming Stress & Anxiety* session empowers you with simple yet powerful techniques rooted in ancient practices. Designed specifically for employees, this interactive course provides accessible, practical methods to break free from chronic stress patterns and bring calm into your daily life both at work and at home.

## What Do We Do?

We use ancient techniques which have been around for 1000's of years to rebalance your body to better support today's fast-paced environment. Using tapping, energy tracing, mindful breathwork, and gentle acupressure, EEM calms your stress response and supports emotional and physical health. These practices are ideal for anyone facing the pressures of today's fast-paced work environment.

## What to Expect in the Session



### Warm-Up & Introduction:

Learn about the impact of chronic stress on the body and mind and how energy techniques provide relief.



### Interactive Exercises:

Experience guided practices to release anxiety and promote relaxation, including grounding movements and energy resets.



### Takeaway Tools:

Receive a resource pack with tips and exercises to support your wellbeing after the session.



## What You'll Gain in Our Training Session

- ✓ **Rapid Stress Relief Techniques:** Learn exercises that immediately ease physical tension and quiet the mind, helping you regain a sense of control.
- ✓ **Simple Daily Tools:** Discover easy-to-use methods you can integrate into your routine to stay balanced and resilient.
- ✓ **Science-Backed Approach:** Modern day science is coupled with ancient practices to support participants reach their full potential.

## Perfect for Employees Seeking Immediate Relief

Our morning session is specially crafted for employees dealing with **ongoing stress or burnout**.

Whether it's tight deadlines, constant change, or daily pressures, this training gives you the skills to handle stress with confidence and ease.

