



Managing Fatigue

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Depleting/negative emotions drain energy completely and in a sneaky, undetectable way. These emotions negatively impact both the hormonal and the nervous systems. They release cortisol into the body and they overburden the sympathetic nervous system and the heart. We are so used to these emotions - judgment, anger, impatience - that we no longer notice, and these emotions drain the body's energy reserves silently. Becoming aware of these habitual emotions and learning to shift them can be a quick win in terms of conserving energy. This seminar is designed to increase awareness of how fatigue develops over time, and share actionable tips on increasing energy levels.

Content includes:

- Time Management Tips & Daily Habit Analysis
- Technique: How to switch between the reactive personality (restricted view of the world) and the wise centre (innovation, big picture thinking, creativity lives here).
- Learning to centre & The importance of centring
- Up-regulation: how to wake up the body with movement
- Down-regulation: how to relax the body with movement.
- Practice vs. Information Consumption

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.