

Biological Well-being Workshop Overview

This workshop is accessible to all. No prior biological knowledge is assumed or required and all pathways, body systems and stress reduction strategies are explained in a manner which ensures delegates with no scientific background can understand. Humour is used throughout the workshop to maximise engagement and retention of information.

Delegates are introduced to the survival pathways in the human body, the evolution of them and how to use them correctly. The two autonomic nervous pathways are explained, and how chronic stress can result in the stress pathway being overactivated. Overactivation of the stress pathway means the steroid hormone, cortisol, is produced at a greater amount longer time than the body was designed for, which can have a negative effect on body systems.

The five whole body systems and the manner in which they are affected are:

- **Musculoskeletal** – Cortisol holds the musculoskeletal system in tension, which can result in tension headaches, neck pain, shoulder, and lower back pain.
- **Cardiovascular** – Cortisol constricts blood vessels which increases blood pressure. The reason for this is explained as well as the mechanisms involved.
- **Gastrointestinal** – Cortisol causes digestion and absorption to be compromised. The mucosal lining in the stomach isn't replaced quickly enough, indigestion develops, and the lining becomes irritated and inflamed. In addition, insufficient energy is produced to allow for effective digestion and absorption in the small intestine. Ulcers, irritable bowel syndrome and colitis can then result. Cortisol suppresses the production of insulin, long term, this may lead to an increased risk of Type 2 diabetes.
- **Immunological** - Cortisol functions to reduce inflammation in the body, but over time, also suppresses the immune system. A suppressed immune system can lead to a large range of problems, including: an increased susceptibility to colds and other illnesses, an increased risk of cancer, the tendency to develop food allergies, an increased risk of an assortment of gastrointestinal issues and possibly an increased risk of autoimmune diseases.
- **Fertility & sexual function** – Elevated cortisol relating to prolonged stress can lend itself to erectile dysfunction or the disruption of normal ovulation and menstrual cycles. The androgenic sex hormones are produced in the same glands as cortisol and adrenalin, so excess cortisol production may hamper optimal production of these sex hormones and result in a reduction of drive.

Introduction to Positive Psychology

The most successful people in life and in business have positive psychology; psychological health that is above the mean for the population. Whilst it is innate in some individuals, the level of positive psychology can be increased in all people. Delegates are introduced to the concept, and how to increase their own, with the subsequent benefits fully explained.

Stress Reduction

The workshop also includes an hour of scientifically proven techniques, beneficial to reducing stress, helping to re-engage the parasympathetic pathway. Some activities benefit specific body systems which delegates experiencing the negative effects of chronic stress in those systems can prioritise. All techniques help reduce cortisol production, thus reducing the above symptoms in the five body systems. Delegates leave with a comprehensive toolkit of stress reduction activities that will support their well-being.

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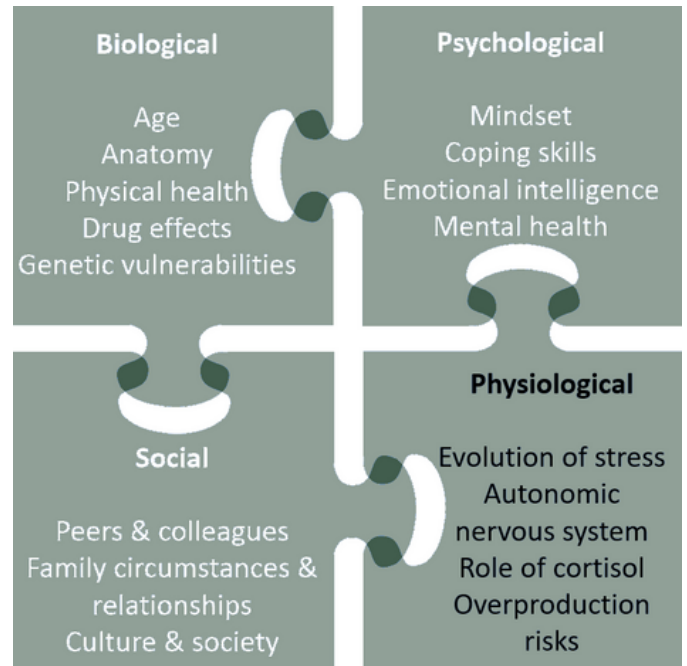
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Aftercare

Delegates are provided with a soft copy summary of the workshop and stress reduction toolkit by email for them to refer to. Also included in the workshop is email aftercare for delegates. All who attend are welcome to email us following the workshop should they have any questions or queries.

The biological well-being workshop complements the more traditional biopsychosocial models of well-being employed by most organisations, as illustrated below, by filling the missing part of the jigsaw, physiology, which is omitted in most health care and well-being provisions.



Key benefits for delegates

- Delegates will understand what stress is and why it exists.
- Delegates will get an increased understanding of how the body works.
- Delegates will gain an awareness of the positive and negative aspects of stress.
- Delegates will be able to recognise the early symptoms of chronic stress in five different body systems.
- Delegates will be able to implement scientifically proven techniques to effectively alleviate stress.
- Delegates will increase their own understanding of techniques and 'what works' in the pursuit of well-being.
- Delegates will be better able to support themselves, their colleagues and wider family

Attendees will also benefit from

- Less risk of illness
- Increased energy and alertness
- An improvement in psychological well-being
- Higher levels of professional stamina
- Improved mental balance and resilience.
- A greater understanding of personal well-being
- The ability to use rest for recovery and prevention of mental strain.
- Development of a mental attitude that supports a positive and healthier lifestyle.
- Eradication of unhealthy habits

Key benefits for organisations

- Less time lost through employee sickness.
- Heightened performance
- Improved effectiveness in managing health concerns at the earliest opportunity.
- Reduction in cost through reduced sickness
- Improved employee satisfaction due to meaningful no-nonsense training and investment.
- Evidence of a genuine commitment to social value

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