

STRETCH TO UNSTRESS

A Stress Management Workshop



In today's demanding and fast paced work environment, stress, burnout, and mental fatigue have become common challenges affecting productivity, focus, and overall wellbeing. This program combines modern stress-management approaches, resilience-building techniques, and a guided yoga and stretching session to promote both mental and physical wellness. Through interactive activities, self-reflection, and practical workplace strategies, participants will learn simple yet effective techniques to improve emotional balance, focus, resilience, and stress recovery in their daily lives.



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TRAINING MANAGER:

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CONTENTS

- **Understanding Modern Workplace Stress:**
 - Neuroscience of stress: Physiological and psychological mechanisms.
- **Recognizing Hidden Stress Triggers:**
 - Internal vs external stressors.
 - Digital Fatigue and Constant Connectivity
 - Impact on decision making, focus, emotions and productivity.
 - The vicious cycle of stress and how to break it.
- **Building Resilience & Emotional Agility:**
 - Developing self-control through mindfulness.
 - Reframing stressful thoughts using cognitive-behavioral techniques.
 - Lifestyle changes
- **Relaxation Yoga Techniques:**
 - Breathing exercises for instant relaxation
 - Physical and mental unwinding: Progressive muscle relaxation and body scans.
 - Introduction to mindful stretching and its benefits.
 - Guided practice home-friendly stretching routines.
- **Action Plan:**
 - Designing a personal action plan for stress management.

FACILITATOR




Uroosa Mohsin is a certified Master Trainer of NLP (NFNLP-USA) and a Hypnotherapist (NGH-USA). In addition, she is a Yoga Trainer and an Emotional Intelligence & a Neuroscience Coach with over 10 years of experience. She brings a wealth of experience in coaching and training people from diverse fields, empowering them to unlock their potential and achieve meaningful personal and professional growth.

As the Founder and CEO of MINDEMY, a Mind Training Academy, Uroosa leads transformative workshops and coaching programs. She is also a regular guest expert on National TV channels, widely recognized for her contributions to the field of human development and mind sciences.


DRESS FOR STRETCH: YOGA SESSION ESSENTIALS:

Participants will practice yoga in the last session, so we recommend wearing comfortable, smart casual attire that allows ease of movement. Please note that shorts, sleeveless tops, and tank tops are not permitted. Yoga mats will be provided in the classroom for all participants.



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