

Stress Management Through Physical Activity

In today's work culture, stress has become a constant companion, often managed with quick fixes that provide only temporary relief. This webinar challenges that by highlighting physical activity as a sustainable, science-backed approach to stress management.

Rather than seeing movement as another task on the to-do list, participants will learn how simple, accessible forms of activity can regulate stress hormones, improve sleep, and restore mental clarity. The focus is on reframing exercise not as performance-driven, but as a practical tool for resilience and emotional balance.

The session empowers professionals to break free from the stress-inactivity cycle and create realistic routines that support both productivity and wellbeing—without guilt, pressure or unrealistic expectations.

Learning Objectives

- Understand how stress affects both your brain and body, and why chronic stress takes such a toll on wellbeing.
- Discover how physical activity can regulate stress hormones, improve sleep quality, and strengthen mental resilience.
- Apply simple, sustainable strategies to integrate movement into your workday, no matter how busy your schedule.

Content Outline

Understanding Stress & Its Link to Physical Activity

- Learn how acute vs. chronic stress affects both brain and body.
- Identify common workplace stressors and their physical symptoms.

Science of Movement and Stress Relief

- Explore how exercise lowers cortisol, boosts endorphins, and improves neuroplasticity.
- See how movement supports better sleep, mindfulness, and resilience.

Practical Strategies for Busy Professionals

- Discover workplace-friendly activities like desk stretches, walking meetings, and "3×10" workouts.
- Learn how to overcome barriers such as lack of time, motivation, or energy.