



# Find Calm in Chaos

## Relaxation and Movement Strategies for a Hectic Workday

### Course Description

Have you ever felt overwhelmed at work? The pressures, the deadlines, the endless to-do list? That tension and chaotic feeling can happen to all of us, and it's a normal human reaction! It can be positive and keep us alert for those long workdays on our feet or at the desk. But it becomes a problem when the pressures continue without any periods of relaxation or relief.

In this interactive training, participants will learn how to find calm during a chaotic workday. This training will focus on relaxation, emotional well-being and movement strategies that can be easily implemented into any busy day.

### Outcomes:

- Learn how to foster a calm and relaxed state of mind.
- Discover and practice simple relaxation and emotional well-being techniques to reset and recharge the day.
- Take part in movement strategies that focus on stimulating anti-stress effects.

