



THE POWER OF PAUSE

Restoring the Rhythm of You

Unplug. Exhale. Remember Who You
Are.



HOW MANY OF YOU...

...FIND YOURSELF REGULARLY CHECKING YOUR PHONE

...HAVE EVER FELT ASHAMED OR GUILTY FOR RESTING OR RELAXING?

...HAVE NO ISSUE WITH YOUR PHONE CHECKING AND REST WHENEVER YOU NEED?





ABOUT US

The [Stress Management Society](#) is a non-profit organisation dedicated to helping individuals and companies recognise and reduce stress. We are a small organisation in West London who have been dedicated to leading effective universal change with our passionate approach to recognising and reducing stress and promoting wellbeing since 2003.

[International Wellbeing Insights](#) is the research and consultancy arm of The Stress Management Society.

Our vision is to create a [happier, healthier](#) and more [resilient](#) world.



DONATE TO US





HOW TO USE THE WORKSHOP



Cameras on please – this is not a lecture; this is an interactive workshop. The content has been written to move on when you participate.



Questions will be asked throughout the session, **please get involved** on the microphone and the chat. This is not the facilitator's session, **it's everyone's session!** Put your hand up or make a request to share on the mic using the chat.



Ask questions, share experiences, disagree, seek clarification, tell me to slow down - whatever you need at any time.

There will be opportunities to participate so... **we need to hear from you!**



GROUND RULES: CREATING A TRUSTED SPACE



BE ON TIME



BE HERE NOW



HONESTY & RESPECT



PARTICIPATION:

WHAT YOU PUT IN IS WHAT YOU GET



USING 'I...' STATEMENTS



CONFIDENTIALITY

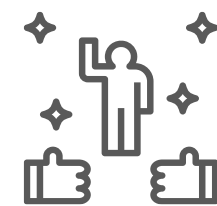


SAFEGUARDING

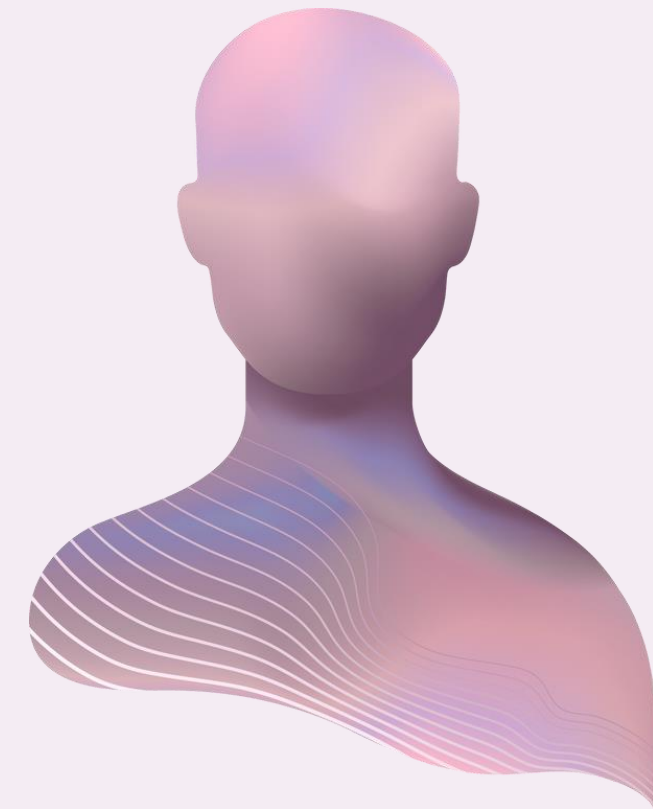


LIMIT DISTRACTIONS:

TECH OFF OR ON SILENT



KEEP AN OPEN MIND



Please feel free to add more in the chat section...





THIS SESSION IS BEING RECORDED...

[● REC]

**RECORDING IN
PROGRESS**

THE RECORDING WILL BE AVAILABLE AFTER THE EVENT AT

 www.stress.org.uk/public



WHAT DOES THIS STIR IN YOU?

“

In a world that worships speed, choosing stillness is an act of rebellion.

”

Pop a word or sentence in the chat or share through the mic.





THIS SESSION IS:

A heart-led reset.

A guided invitation to:

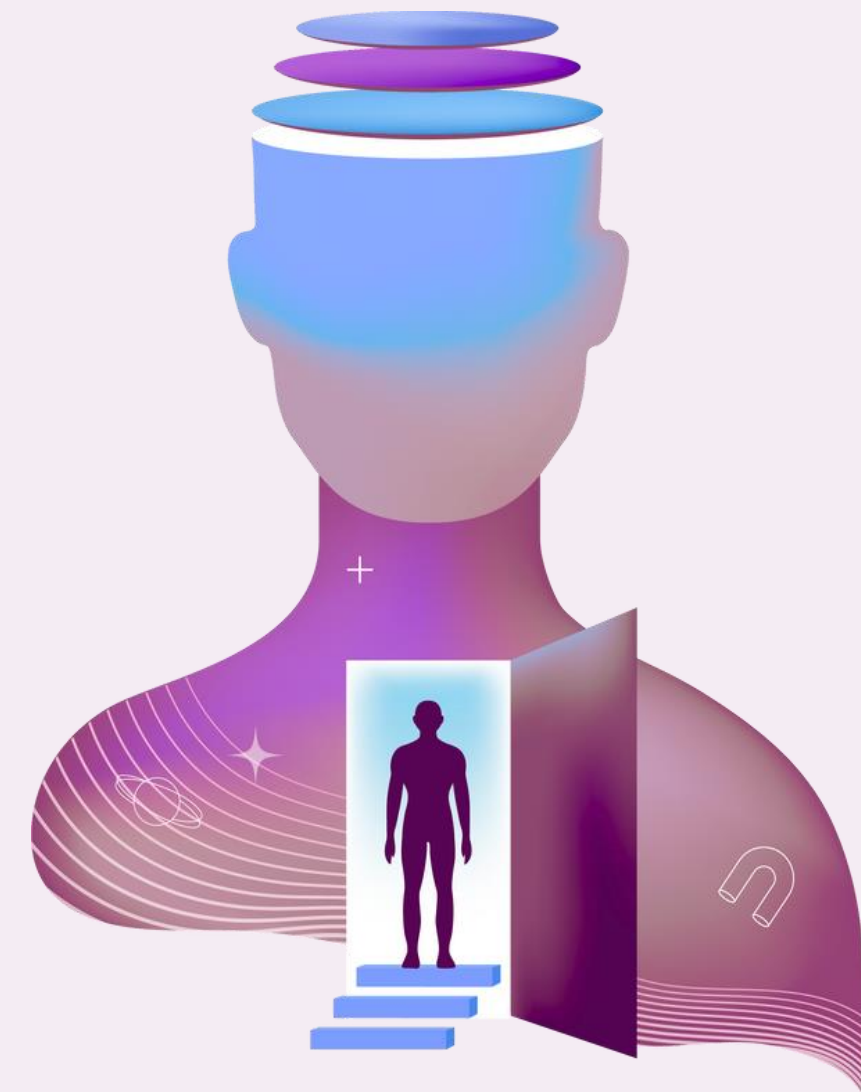
- Unplug from digital overload
- Reclaim time as a sacred resource
- Discover rest not as indulgence, but as intelligence
- Restore your nervous system's natural rhythm





ARE WE THE "ALWAYS-ON" GENERATION?

- Wired in, logged on, hyperconnected
- But increasingly disconnected from ourselves
- We check our phones more than we check in with our hearts
- And it's making us sick, scattered, and mentally malnourished



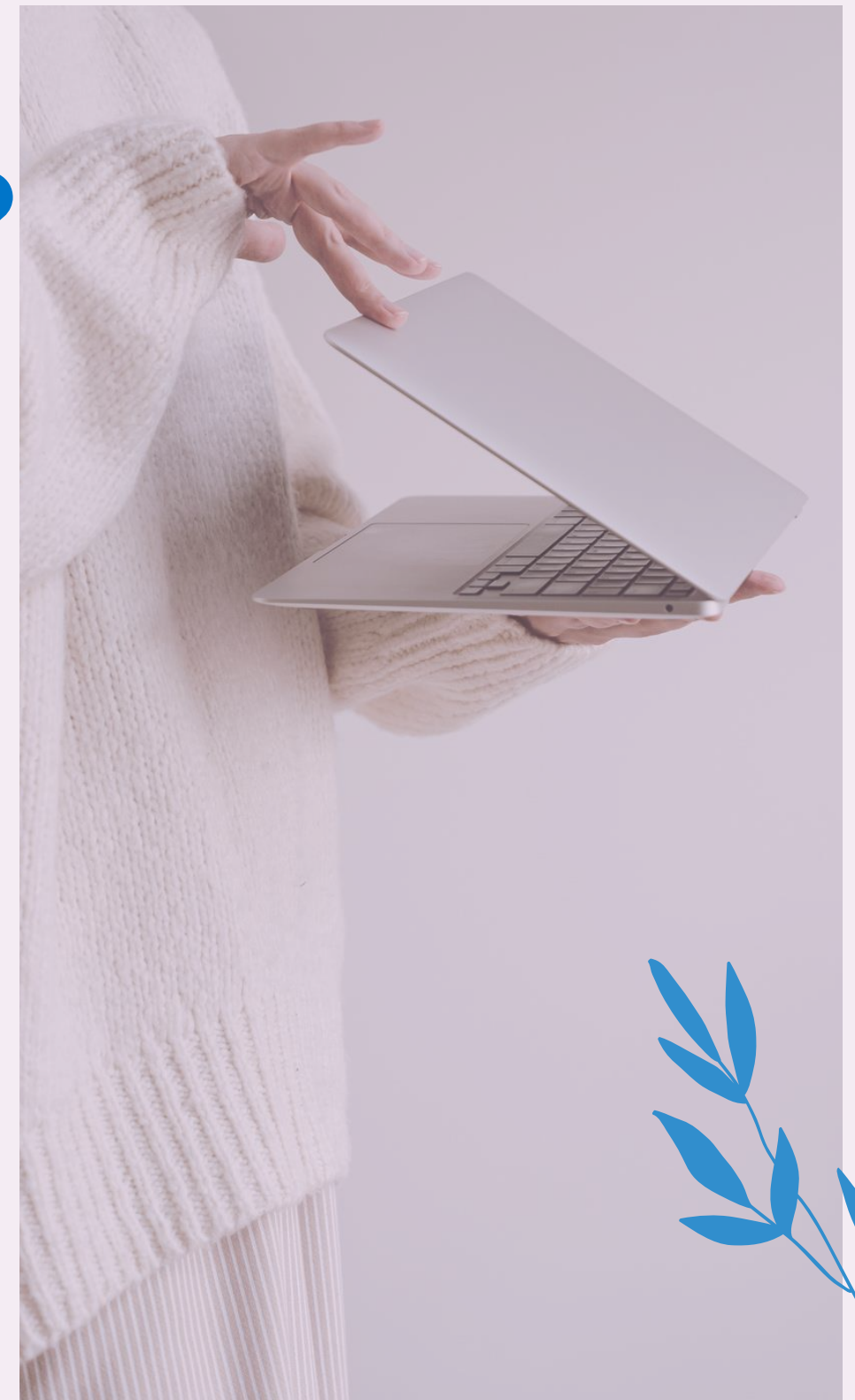


WHAT IS THE COST OF CONNECTION?

THE HIDDEN PRICE WE PAY

- Average screen time: 7+ hours daily
- Phone checks: 96 times per day
- Attention spans: Decreased by 25% in the last decade
- Sleep disruption: 71% report screens affect their rest
- Anxiety levels: Rising correlations with digital consumption

“What’s the hidden price you think we’re paying?”.





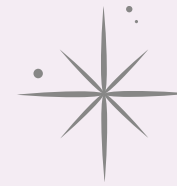
DIGITAL MIRROR AUDIT



WHEN LAST HAVE YOU GONE AN HOUR WITHOUT CHECKING A DEVICE?

Take 90 seconds to reflect and journal:

- How many hours did you give to your screen today?
- What did you miss while looking down?
- When did you last go an hour without checking a device?
- What emotions arise when you imagine being offline for a day?



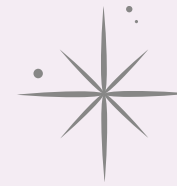
THE MODERN EPIDEMIC:

DIGITAL DETOX & INFORMATION OVERWHELM

- 1 NEWS CYCLES
- 2 INFORMATION OVERLOAD
- 3 CONSTANT NOTIFICATIONS
- 4 SOCIAL COMPARISON

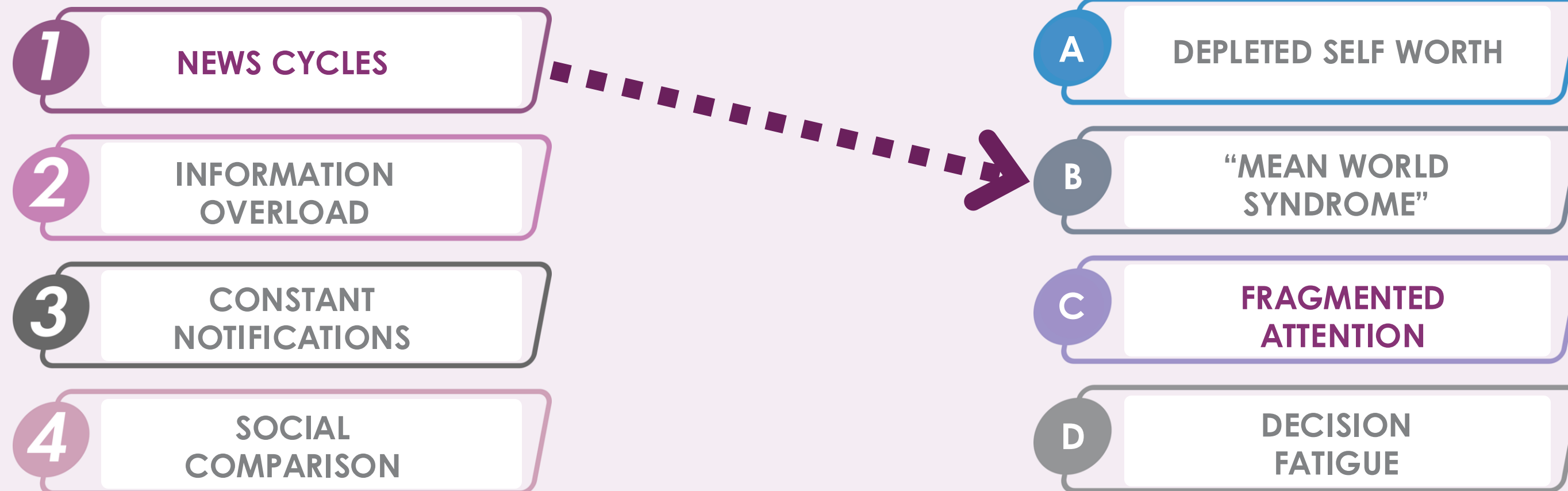
- A DEPLETED SELF WORTH
- B "MEAN WORLD SYNDROME"
- C FRAGMENTED ATTENTION
- D DECISION FATIGUE

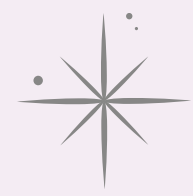




THE MODERN EPIDEMIC:

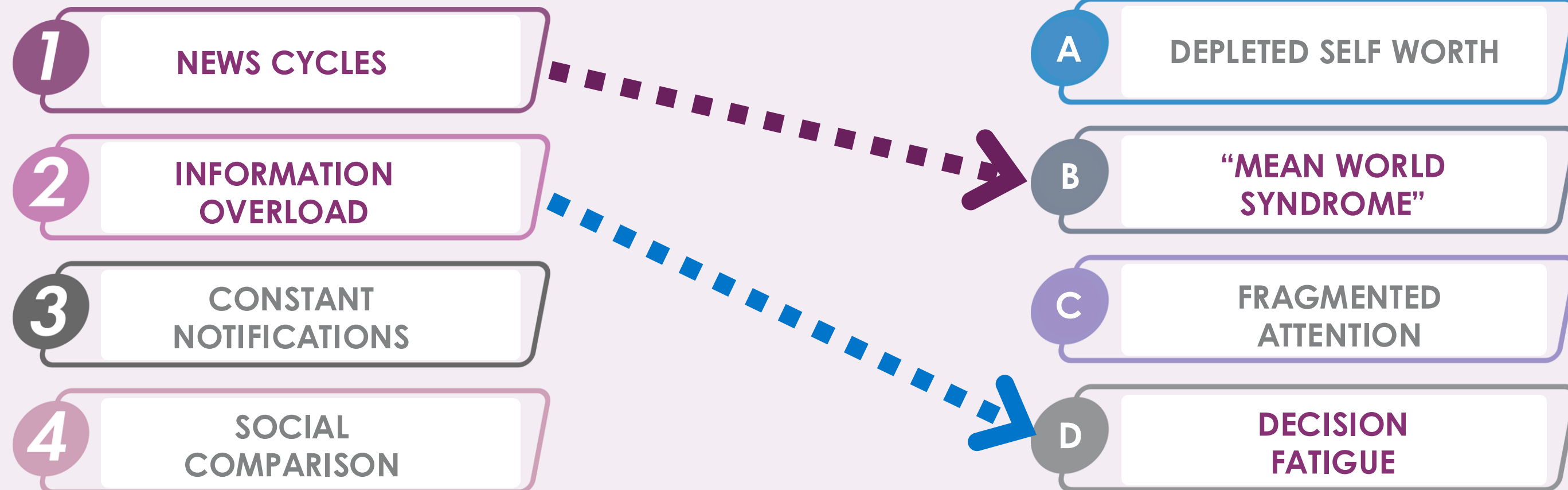
DIGITAL DETOX & INFORMATION OVERWHELM

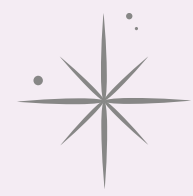




THE MODERN EPIDEMIC:

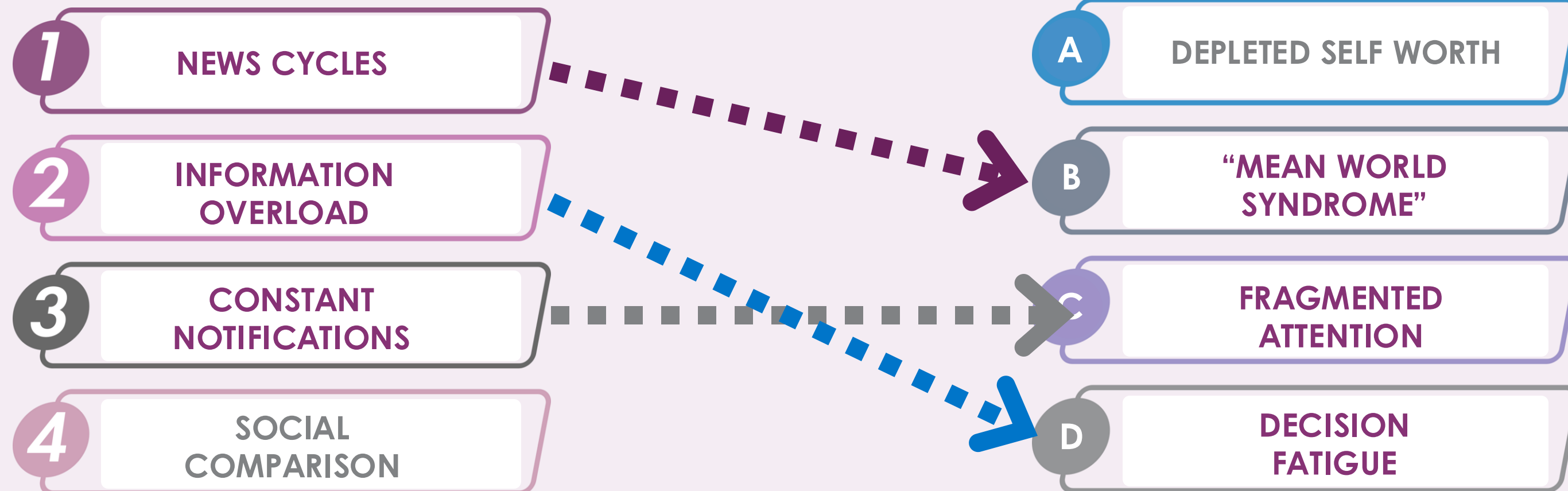
DIGITAL DETOX & INFORMATION OVERWHELM

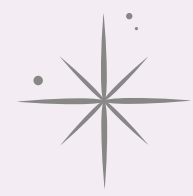




THE MODERN EPIDEMIC:

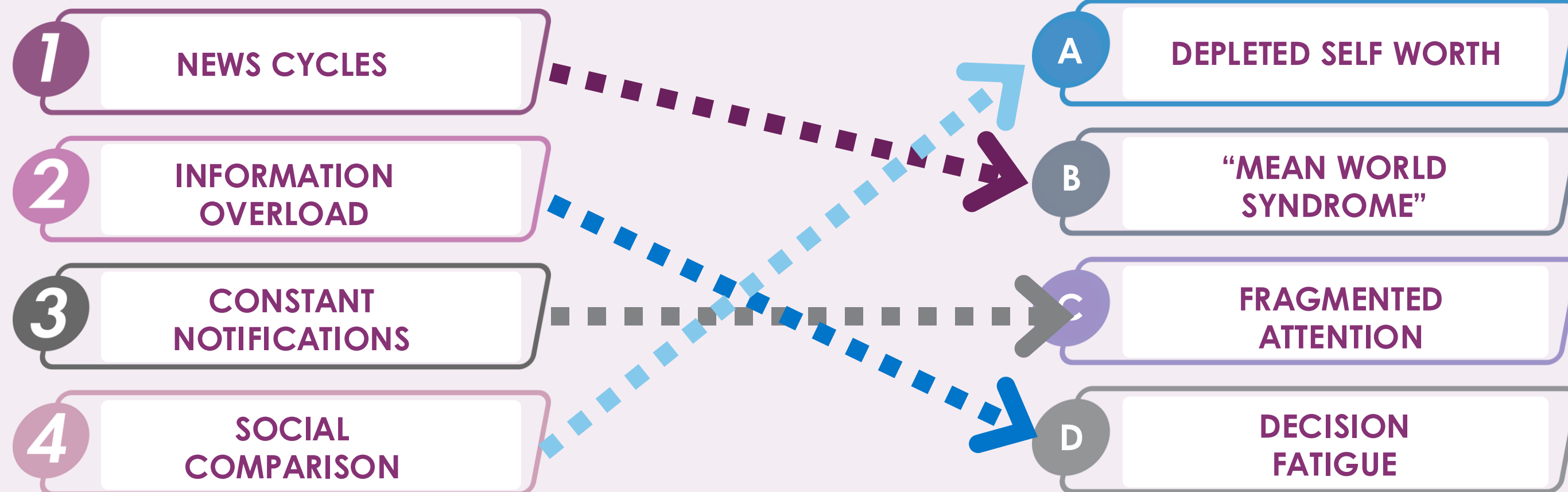
DIGITAL DETOX & INFORMATION OVERWHELM





THE MODERN EPIDEMIC:

DIGITAL DETOX & INFORMATION OVERWHELM





WHAT HAPPENS WHEN WE PAUSE?

The Neuroscience of Stillness:

- **Default Mode Network activates:** Brain's "screensaver" promotes creativity
- **Parasympathetic response:** Rest-and-digest system engages
- **Neuroplasticity increases:** Brain becomes more adaptable
- **Stress hormones decrease:** Cortisol levels normalise
- **Memory consolidation:** Information processes into long-term storage





RECONNECTION PRACTICE

With Ruth Hoey
from
Re-Nurture





HOW MANY OF YOU...



...FELT MORE CONNECTED TO YOUR BODY THAN YOUR THOUGHTS?

...REALISED YOU'D BE HOLDING TENSION YOU DIDN'T KNOW WAS THERE?

...NOTICED NO DIFFERENCE, EVEN IF A SMALL ONE AFTER THAT SESSION?



HOW CAN WE REDEFINE REST?

REST AS INTELLIGENCE

Rest is *not*:

- Laziness or weakness
- Time wasted
- Something to feel guilty about
- Only for when you're "done"

Rest is:

- Strategic recovery
- Creative incubation
- Nervous system regulation
- Soul maintenance
- Revolutionary self-care





WHAT CHANGES ARE YOU GOING TO MAKE TODAY?

So here's the invitation:

What one thing will you change today to reclaim your rhythm?
It could be tiny: 5 minutes screen-free. A walk without your phone. Saying no to one extra thing."





MENTAL HEALTH CHAMPIONS

LEARN MORE ABOUT SAFEGUARDING, SIGNPOSTING AND SUPPORT

BOOK NOW FOR A 50% DISCOUNT, SO JUST
£248.5 TO JOIN OUR SEPTEMBER
PROGRAMME





JOIN NEXT MONTHS WEBINAR



TUESDAY 9TH SEPTEMBER 1-2pm

SEEING BEYOND THE SMILE: UNMASKING SILENT STRUGGLES

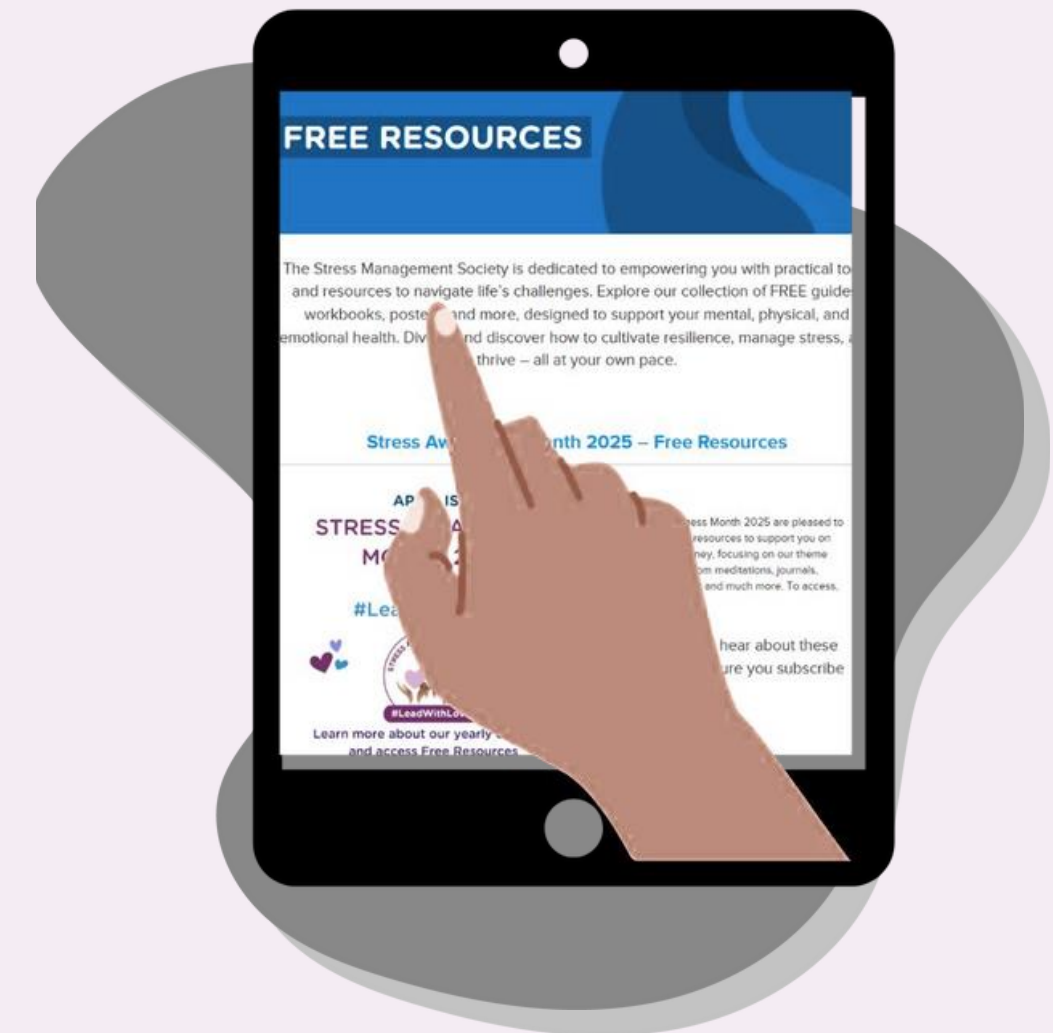
JOIN BY CLICKING [THE LINK IN THE CHAT](#)



CHECK OUT OUR FREE RESOURCES

HAVE A LOOK ON OUR WEBSITE FOR A
RANGE OF FREE RESOURCES!

 www.stress.org.uk





JOIN OUR PEOPLE, CULTURE AND WELLBEING FORUM

Are you a HR, Health and Safety Professional or Workplace Wellbeing Specialist?

Click the link in the chat and be part of our global community dedicated to enhancing the workplace culture around the world.

Sign up now for newsletters, webinars and further insights on workplace wellbeing so we can thrive together





SIGN UP TO OUR WEEKLY NEWSLETTER

Are you a HR, Health and Safety Professional or
Workplace Wellbeing Specialist?





NEW PRODUCT-WELLBEING PROTECT

SIGN UP TO THE BE THE FIRST TO GET THE BENEFITS!

USE CODE:
WELL50

FOR 50%OFF THE ENTIRE PACKAGE FOR ONE MONTH





WAS THIS SESSION BENEFICIAL?

IF THIS SESSION WAS BENEFICIAL PLEASE LEAVE US A GOOGLE REVIEW





NEW EMPLOYEE ASSISTANCE PROGRAMME SUPPORT



XXX

info@stress.org.uk
TO REQUEST OUR
FREE EAP
PURPLE PAPER

CONTACT US FOR A
EAP REVIEW
DISCUSSION





NEED TO TALK? SUPPORT RESOURCES

SAMARITANS **CALL: 116**

This is a free listening service for whatever you are going through. No matter what, someone will be there to help talk through any distress you feel you want something to talk through with you

THE SILVER LINE **0800 470 80 90**

This free helpline for older people across the UK is open every day and night. Staff offer information, friendship and advice as well as linking callers to local groups and services.

MIND

www.mind.org.uk
Call: **03001233393** (09.00-18.00)
Text: **86463**

Mind provide advice and support to empower anyone who might be experiencing mental health problems. They have a range of services including supported housing, crisis helplines, drop-in centre, counselling and befriending

C.A.L.M.

(CAMPAIGN AGAINST LIVING MISERABLY)
www.thecalmzone.net/help/get-help/
CALL: **0800 58 58 58** (5PM –MIDNIGHT, DAILY)

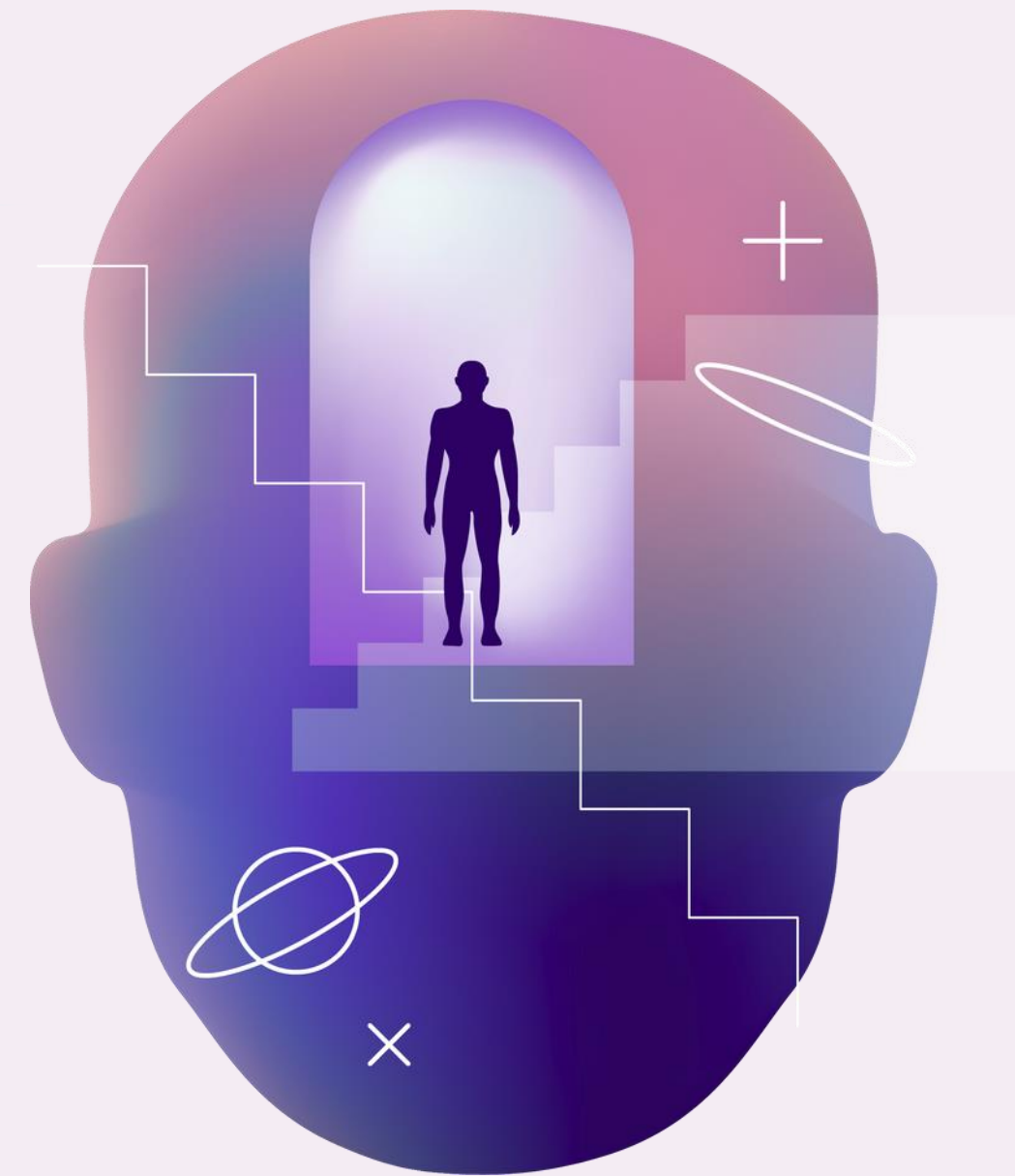
This campaign aims to help anyone who may have hit a wall for any reason at all and want to talk to someone or find information and support





WHAT DO YOU NEED TO ASK BEFORE WE END THE SESSION?

This is an opportunity to ask us any questions or share any reflections from today's session.





We look forward to supporting your wellbeing journey...



info@stress.org.uk



+44(0)203 142 8650



www.stress.org.uk



The Lighthouse Suite
S, Quay West
Salamander Quay
Harefield, Middlesex
UB9 6NZ