

32 HOUR DAY: WELLNESS OVERWHELM

JULY 2026



HOW MANY OF YOU...

**...HAVE FELT LIKE THERE JUST AREN'T ENOUGH HOURS IN THE DAY TO DO EVERYTHING
YOU'RE TOLD YOU SHOULD?**

**...KNOW SOMEONE WHO FEELS THERE ISN'T ENOUGH HOURS IN THE DAY TO DO EVERYTHING
THEY'RE TOLD THEY SHOULD DO?**

**...HAVE NEVER FELT OVERWHELMED BY ALL THE WELLNESS ADVICE OUT THERE AND CAN
FIT IT ALL IN?**

THE SESSION IS BEING RECORDED...

[● REC]

**RECORDING IN
PROGRESS**

THIS SESSION IS BEING RECORDED AND WILL BE AVAILABLE AFTER THE EVENT

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.

PLEASE SUPPORT US!

Donate to
The Stress Management Society



**We absolutely love providing these webinars and resources
to you and your support means the world 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.



Please feel **free to 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



BE ON TIME



BE HERE NOW



LIMIT DISTRACTIONS:
TECH OFF OR ON SILENT



TRIGGER WARNING



PARTICIPATION:
WHAT YOU PUT IN IS WHAT YOU GET



HONESTY & RESPECT



KEEP AN OPEN MIND



USING 'I...' STATEMENTS



CONFIDENTIALITY

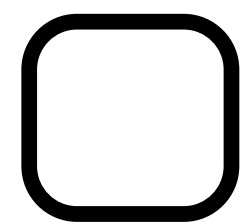


SAFEGUARDING

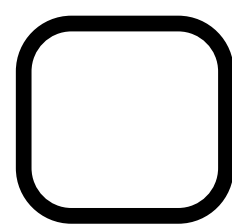
**CAN YOU THINK OFF ANY MORE?
DROP YOUR SUGGESTIONS IN THE CHAT.**



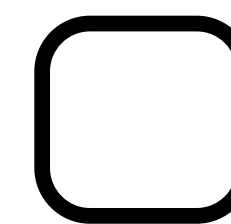
WHAT GETS SQUEEZED WHEN LIFE GETS BUSY?



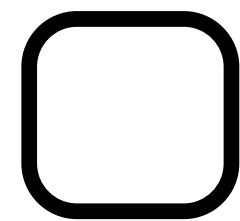
Sleep



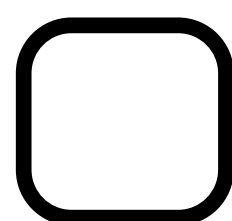
Admin



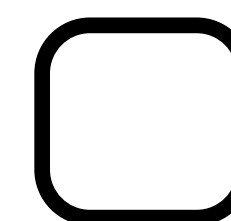
Work



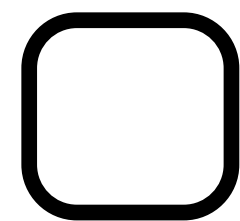
Exercise



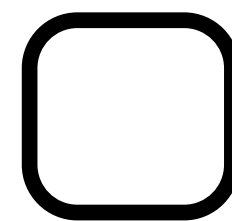
Relationships



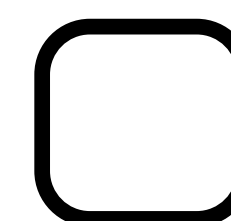
Hobbies



Chores



Healthy Eating



Aspirations



OVERLOADED BY ADVICE

Sleep 7-9 Hours

Exercise

Eat Well

Hydrate

Meditate

Journal

Read

Be In Nature

Avoid Screens

See Friends

See Family

Organise Home

Sort Finances

Do Well At Work

Enjoy Hobbies

Watch The News

Raise Children

Be Political

Learn a Skill

Volunteer

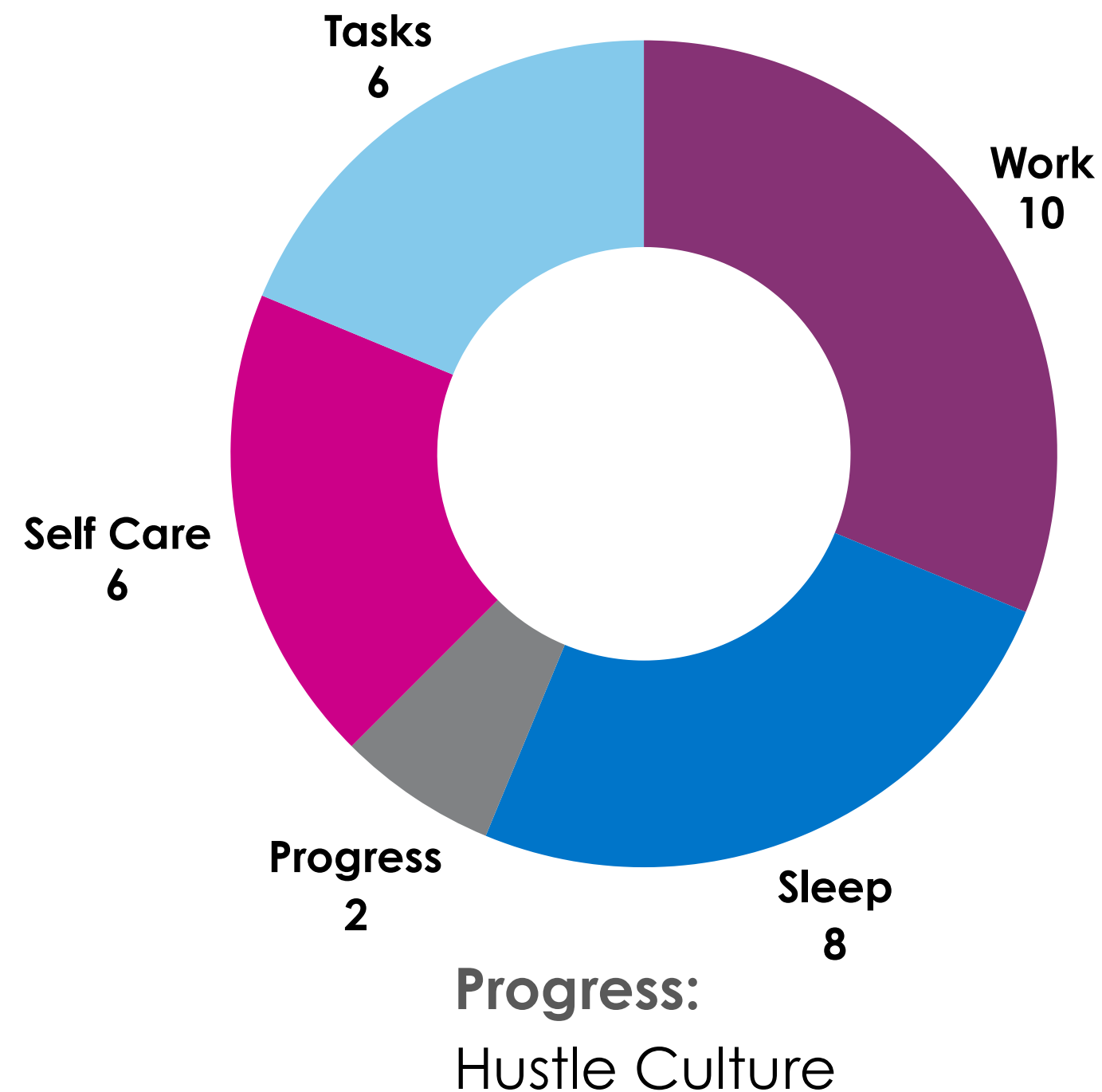
THE ADVISED DAY

Tasks:

Admin
Family Time
Raise Children
Walk Pets
Do Chores

Self Care:

Hygiene
Exercise
Cooking
Reading
Meditation / Prayer



Work:

Commuting
Office Hours
Lunch
Meetings

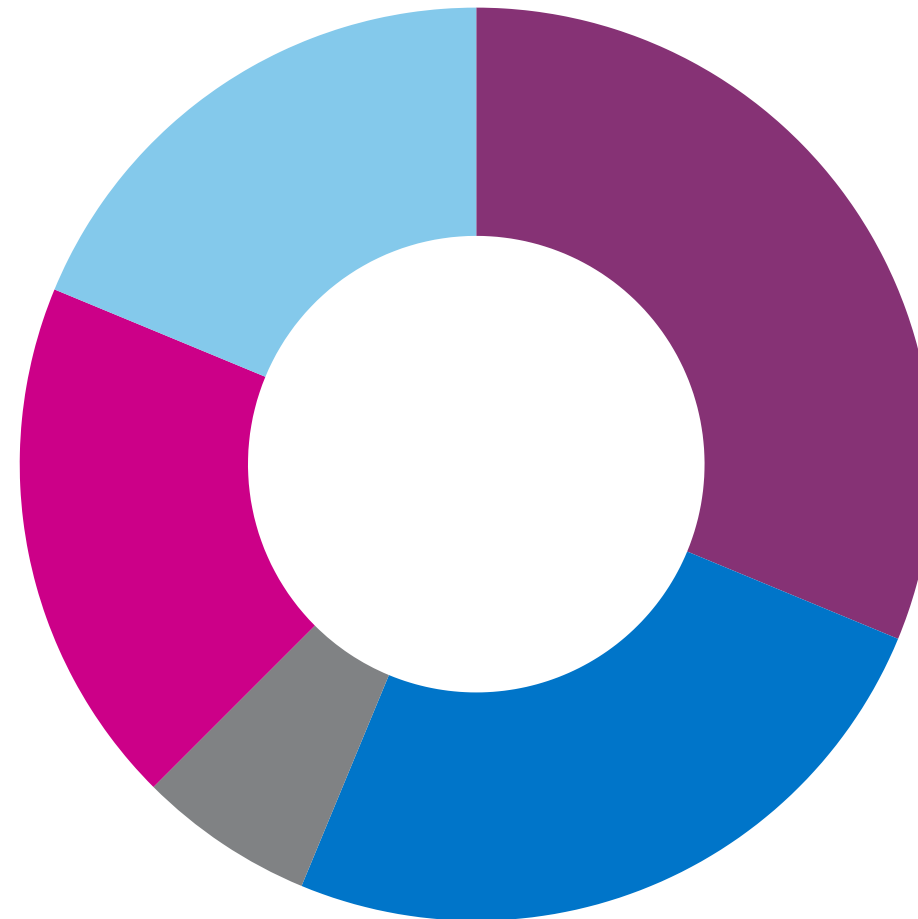
Sleep:

Escape from
the chaos for
8 undisturbed
hours

THE ADVISED DAY

The Actual Day:

24hrs



The Advised Day:

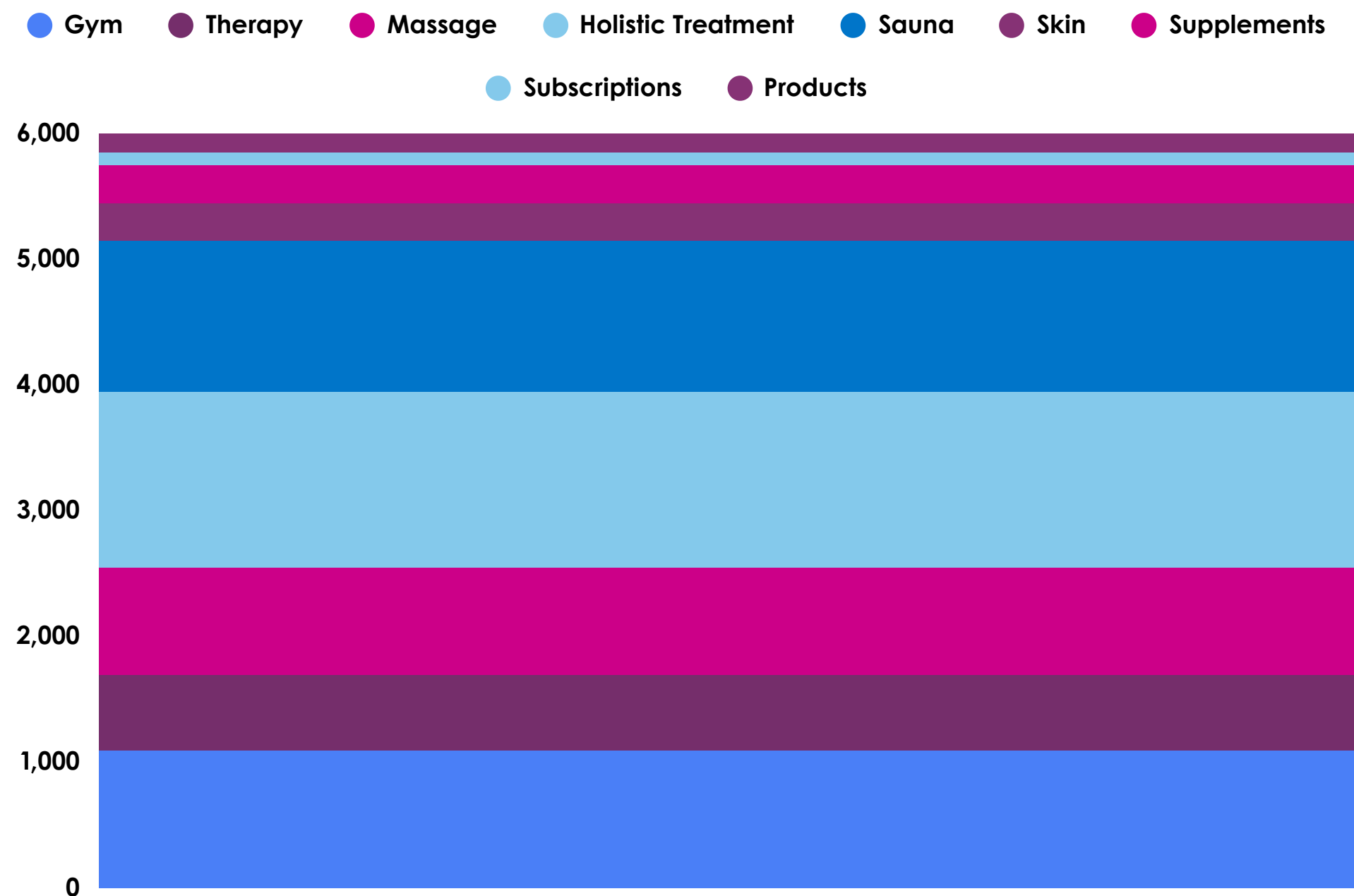
32hrs+

THE WELLNESS MARKETPLACE

- | | | | |
|--|---|---|--|
| ☐ Aromatherapy | ☐ Massage | ☐ Sound Baths | ☐ Life Coaches |
| ☐ Yoga | ☐ Infrared Sauna | ☐ Cold Plunge | ☐ SAD Lamps |
| ☐ Smart Rings | ☐ Supplements | ☐ Juice Cleanses | ☐ Herbal Teas |
| ☐ Meditation Apps | ☐ Meal Prep | ☐ Nootropics | ☐ Wellness Retreats |



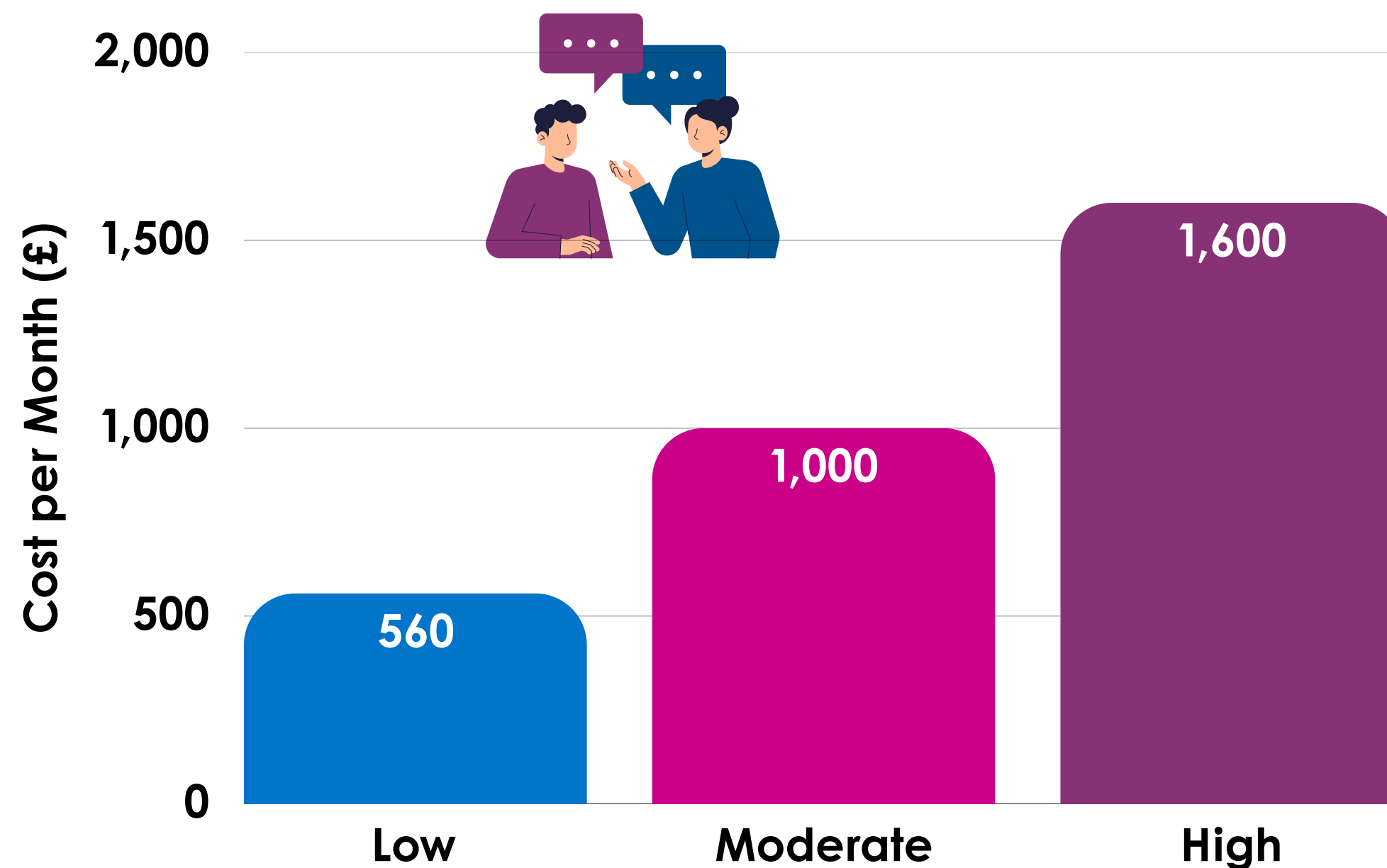
THE COST OF WELLNESS



The Perfect, Central Metropolitan,
Wellness Offering can cost...

£6000+
per month

THE COST OF WELLNESS



If you were to do everything you were expected, for the average person in the UK, this is how much it would cost.

This does not include:
Equipment, specialist gear, childcare,
travel, retreats

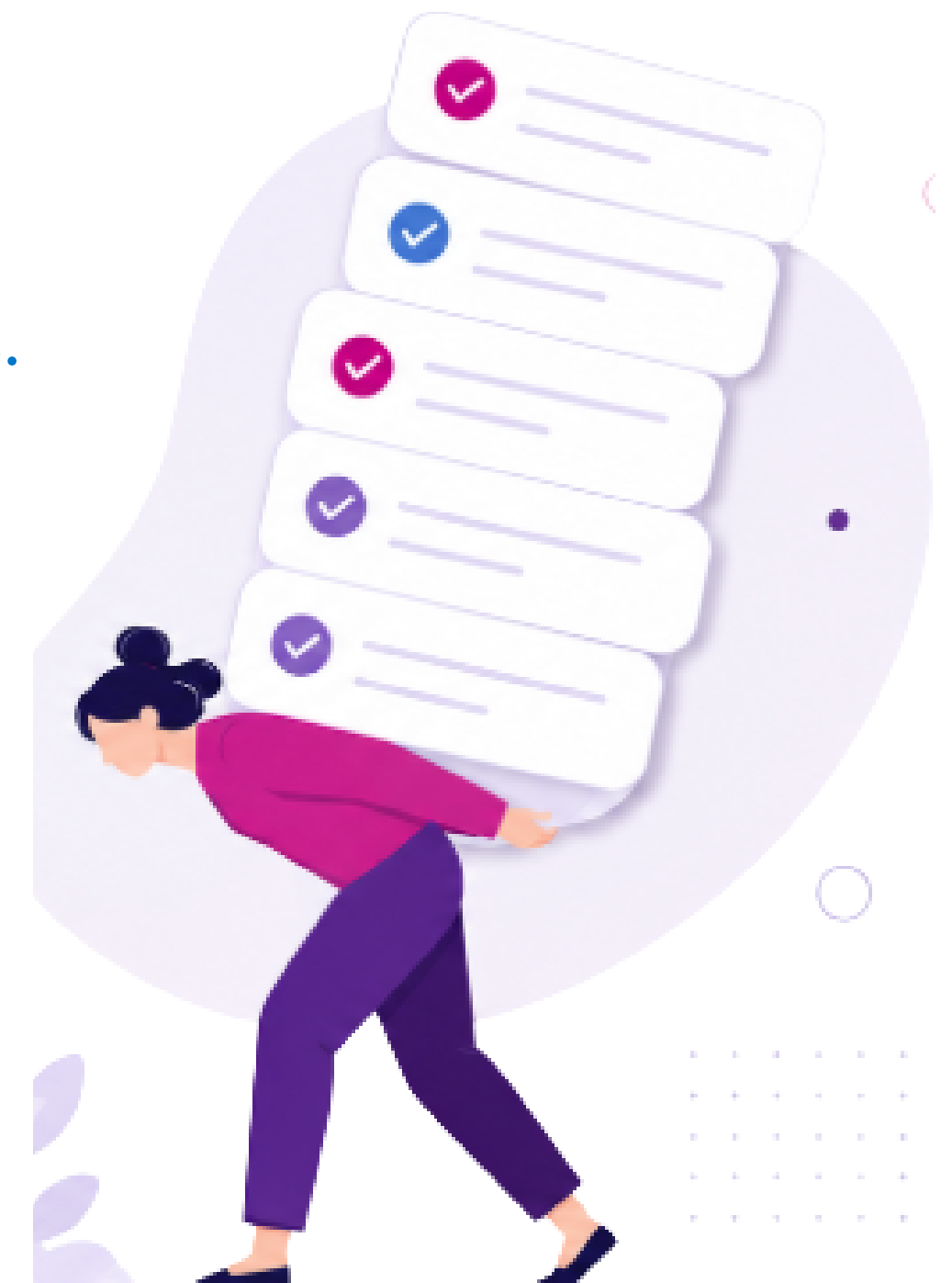
IT IS NOT YOUR FAULT



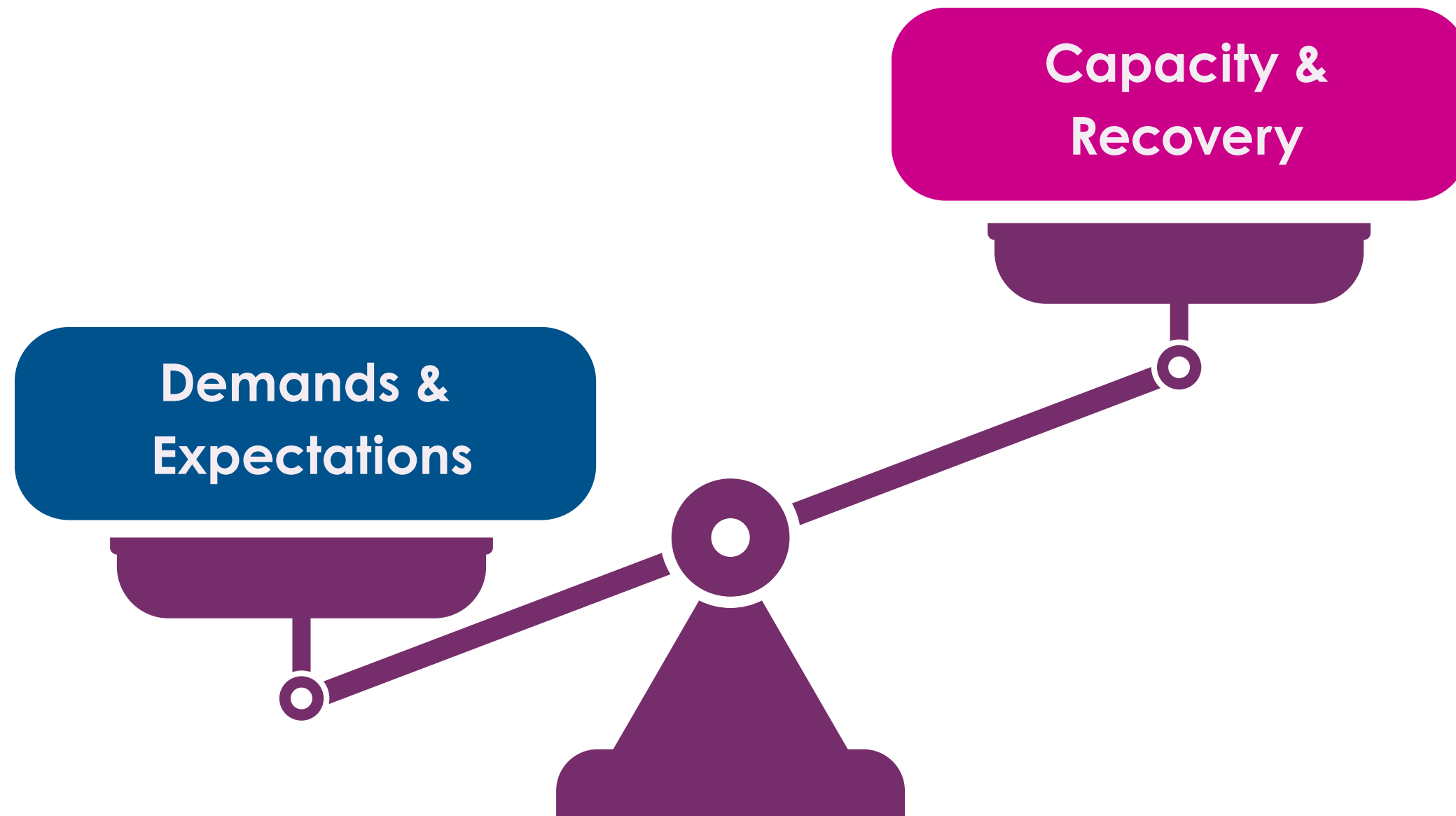
Most people are trying to meet unrealistic standards.



We are motivated, but there is just too much, and we are too overwhelmed.



THE STRESS SCALE



If Demands & Expectations >
Capacity & Recovery,
then we will get overwhelmed &
stressed

CASE STUDY: WHY COUCH TO 5K WORKS



Instead of this...



Run 5 Kilometres



Walk for 1 minute



Jog for 1 minute



Repeat



Build gradually over several weeks



The programme isn't successful because it asks people to do more.

It's successful because it makes the first step feel possible.

Ask yourself.... | “What's the ‘one minute walk’ version of the change you're trying to make?”

LET'S REVISIT THIS...

☐

Sleep

☐

Admin

☐

Work

☐

Exercise

☐

Relationships

☐

Hobbies

☐

Chores

☐

Healthy Eating

☐

Aspirations



Now think about it differently which of these could you subtract, rather than add to?

BORROWING FROM RECOVERY COSTS A LOT

At first, the costs are quiet...



RECOVERY ACCOUNT

• Skipped Sleep	-£80
• Skipped Lunch	-£30
• Worked Late	-£100
• Ignored Friends	-£60
• Weekend Emails	-£120

Balance

-£390

Low Moods

Poor Concentration

Less Patience

Harder to Switch Off

Physical Symptoms

Where are you
borrowing from?



SUBTRACTIVE, NOT ADDITIVE

**Think about what stresses you can take out,
not what else you can do.**



Are you overworking because it helps you feel in control?

Do you buy the top-end gym membership because it makes you feel like you'll get fitter?

Do you feel like ONLY YOU can get that task done?

Maybe, you keep adding, and need to start subtracting.



4D THINKING

Remove it
completely.

DELETE

DELAY

It does not
need to
happen now

Share it or ask
for help

DELEGATE

**DO
DIFFERENT**

Do a simpler
version

BEWARE THE QUICK FIX

Stress and time pressure can make instant promises very tempting...

When we are stressed, we are looking for a way out. This can make us more susceptible to wanting quick fixes.

WHEN STRESSED, DO YOU:

Impulse buy?

Online shop?

Seek out 'miracle cures'?

Try and get someone else to 'fix you'?



ONE LESS, ONE MORE

ONE LESS

Reduce, delay, simplify or stop something this week.

e.g. Say no to one non-essential meeting or commitment this week.

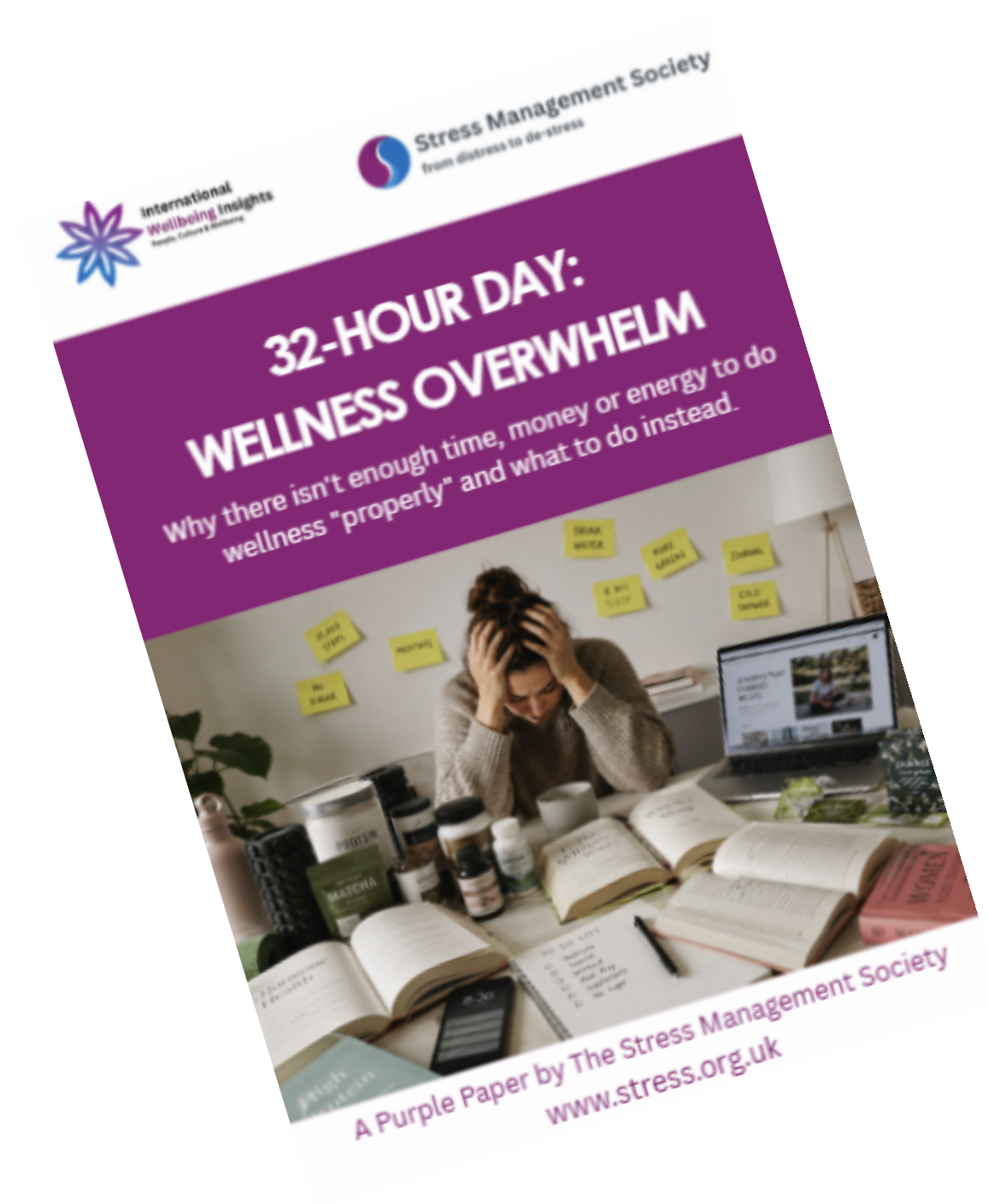
ONE MORE

Protect one small recovery habit this week.

e.g. Protect 10 minutes before bed with no screens.

The rest of this session: one small, realistic action.

PURPLE PAPER



 WWW.STRESS.ORG.UK/PURPLEPAPERS

WE ARE TAKING A BREAK STAY TUNED FOR THE NEXT ONE

**OUR PUBLIC WEBINARS WILL
RETURN SOON.**

**WE'LL SHARE THE DATE AND DETAILS OF OUR NEXT
SESSION AS SOON AS THEY ARE CONFIRMED**

Sign up to our newsletter
to receive the recording
and next webinar dates

UNTIL THEN, TAKE GOOD CARE AND STAY TUNED

KEY TAKEAWAY

There isn't enough time in the day...

Wellness costs lots of money

It's not your fault that things are overwhelm

Demands and expectations can outweigh capacity

Don't borrow from future time, you pay interest

Subtract, don't add

Delete, Delay, Delegate, Do Differently

Take something away before adding something new



SUPPORT RESOURCES

MIND: Provides everyday support to those experiencing mental health issues. Call **0300 123 3393**

SAMARITANS:

www.samaritans.org provides 24/7 support to those experiencing mental health issues. Call **116 123**

HUB OF HOPE:

www.hubofhope.co.uk

**WHAT RESOURCES DOES YOUR
WORKPLACE HAVE AVAILABLE?**

Australia: Lifeline 13 11 14

New Zealand : Lifeline NZ 0508 828 865

US: 988 Suicide and Crisis Lifeline

BEFRIENDERS WORLDWIDE:

www.befrienders.org

CRISIS TEXT LINE:

www.crisistextline.org

Offers 24/7 text-based support in the US, UK, Canada and Ireland

CLOSING CHECK-IN

HAVE YOU GOT TOO MUCH ON YOUR PLATE?

**ARE YOU GIVING TOO MUCH OF YOURSELF TO THINGS THAT DON'T
MATTER?**

**HOW CAN YOU THINK ABOUT TAKING AWAY THINGS? RATHER THAN
GIVING YOU MORE TO DO?**



THANK YOU

We look forward to supporting your wellbeing journey...



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