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# Stress Management and Wellness Techniques

Strategies for a Healthier, More  
Balanced Life

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# Stress Management and Wellness Techniques

This session will equip you with practical tools to:

- Understand what stress, burnout and disengagement are
- Identify the key causes of stress
- Regulate your stress and wellness levels
- Alleviate stress in the immediate and longer term





# One Word Feeling

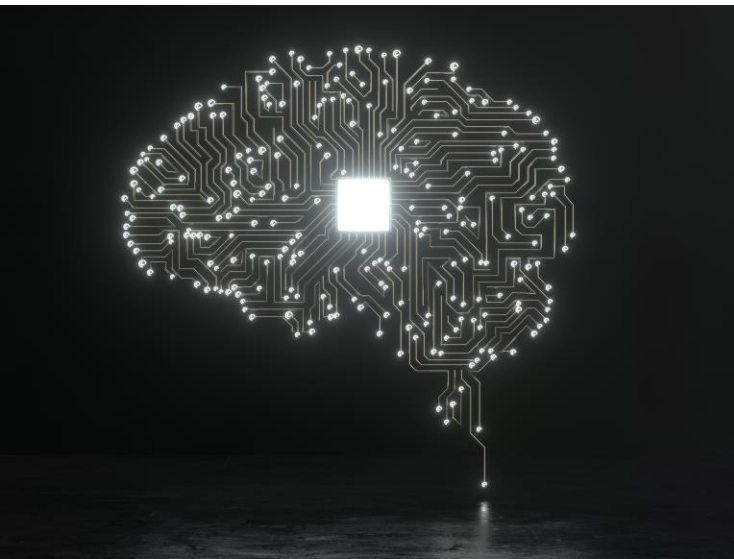
Who are you?

Name your stressors.

How do these stressors make you feel?

# What are the Three Root Causes of Stress?

**You need to looking after yourself in a demanding work and academic environment.**



**Control / Predictability**



**Time**



**Finances**

Rate yourself honestly on each statement from 1-5

1 = Rarely true for me

2 = Sometimes true for me

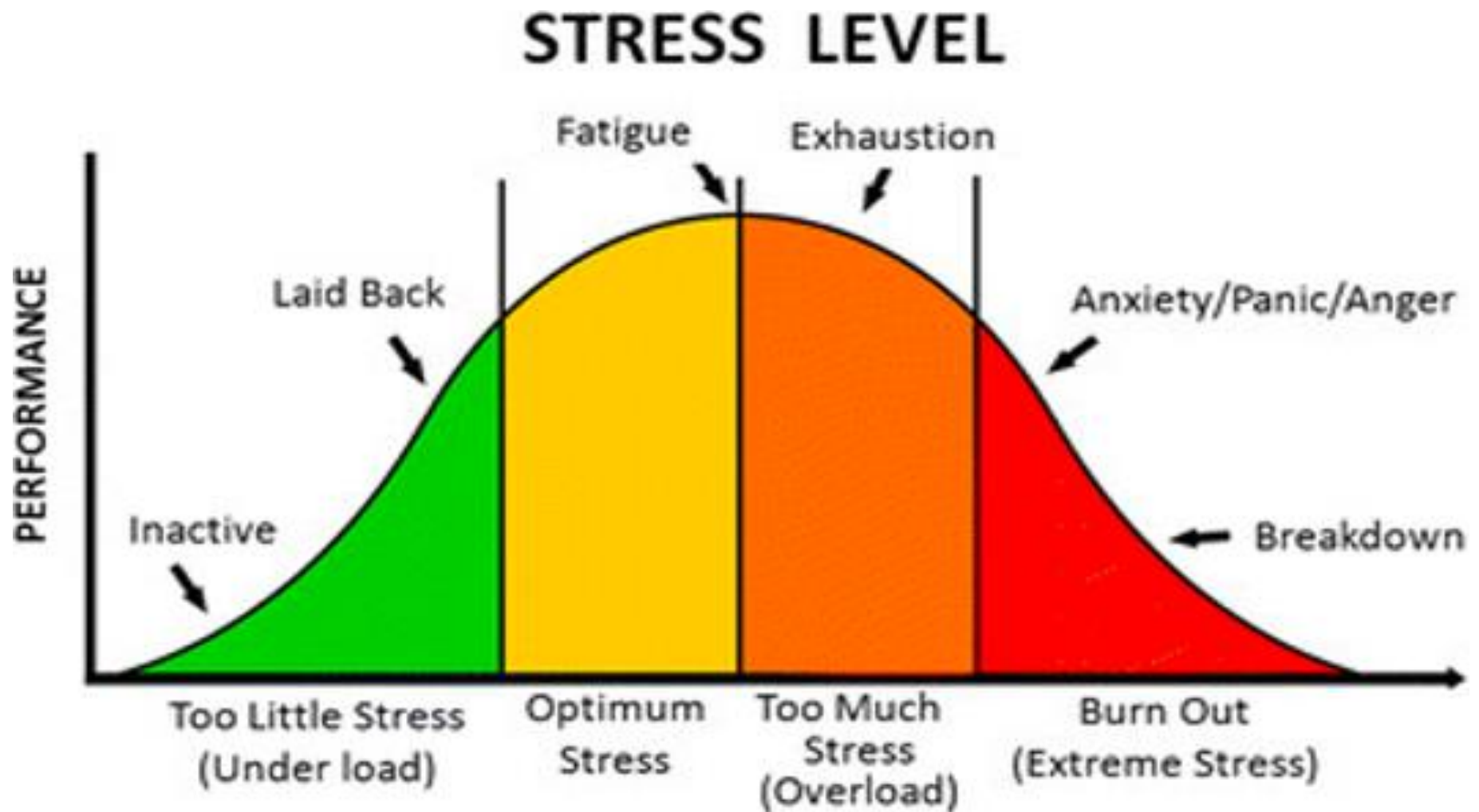
3 = Often true for me

4 = Usually true for me

5 = Almost always true for me

1. I feel calm and in control, even during busy or demanding situations.
2. I get enough restful sleep most nights.
3. I take breaks and time for myself when I start feeling overwhelmed.

# The Stress Curve





# What is Stress?

**Stress** is the body's innate reaction to a challenge or demand. While short-term stress can provide motivation, chronic stress can lead to adverse health effects, affecting us physically, mentally, and emotionally.

- Acute stress (short-term, e.g., deadlines).
- Chronic stress (long-term, e.g., ongoing work pressure).

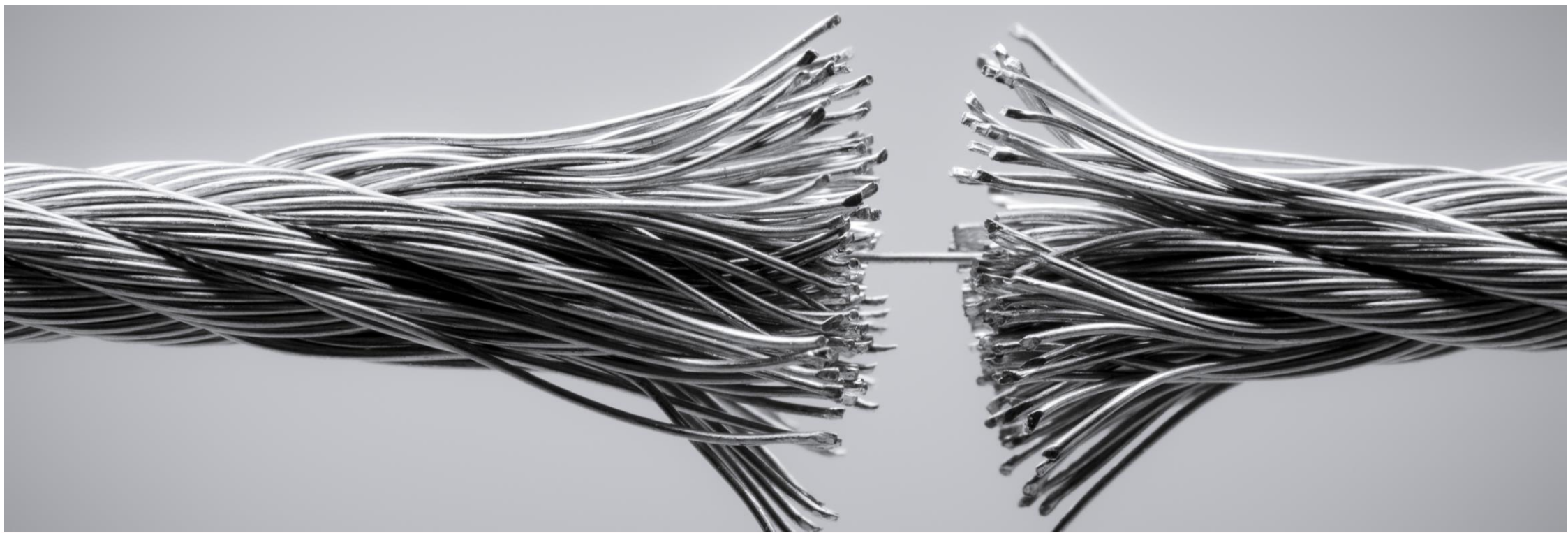
*"77% of people experience stress affecting physical health"*





# What is Burnout?

**Burnout** is a psychological syndrome resulting from chronic, unmanaged workplace stress. Burnout leads to emotional and physical exhaustion, along with reduced professional and academic effectiveness.



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# What is Disengagement?

**Disengagement** the act of withdrawing from an attachment or relationship or, more generally, from an unpleasant situation, usually occurring in the workplace or academic environment, one form being **silent quitting**.



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# What Happens in Your Body?

Relaxation Response	Stress Response
Heart Rate Slows down	Heart Rate increases
Parasympathetic Nervous System is triggered (the part of the nervous system that helps the body rest & relax)	Sympathetic Nervous System is activated (the part of the nervous system that helps to cope with stress)
Blood is directed away from the major muscle groups and back to the gut	Blood is directed away gut and into major muscle groups
Improves Digestion	Digestion does not work well
Sleep improves	Sleep problems
More calm, focused personality	Irritability
Sense of Wellbeing increases	Sense of Wellbeing decreases



# Causes of Stress and Burnout

**Workload: 73%**  
**Lack of Control: 31%**  
**Lack of Support: 29%**  
**Senior Staff Members: 27%**  
**Peers: 20%**  
**Other: 20%**  
**Job Security: 16%**  
**Insufficient Training: 14%**  
**Commuting: 12%**  
**Working from Home: 8%**  
**Bullying: 3%**





4. I can recognize when I'm getting stressed and know how to manage it.
5. I maintain a balanced lifestyle with time for work, relaxation, and relationships.
6. I eat well and exercise regularly to support my mental and physical health.

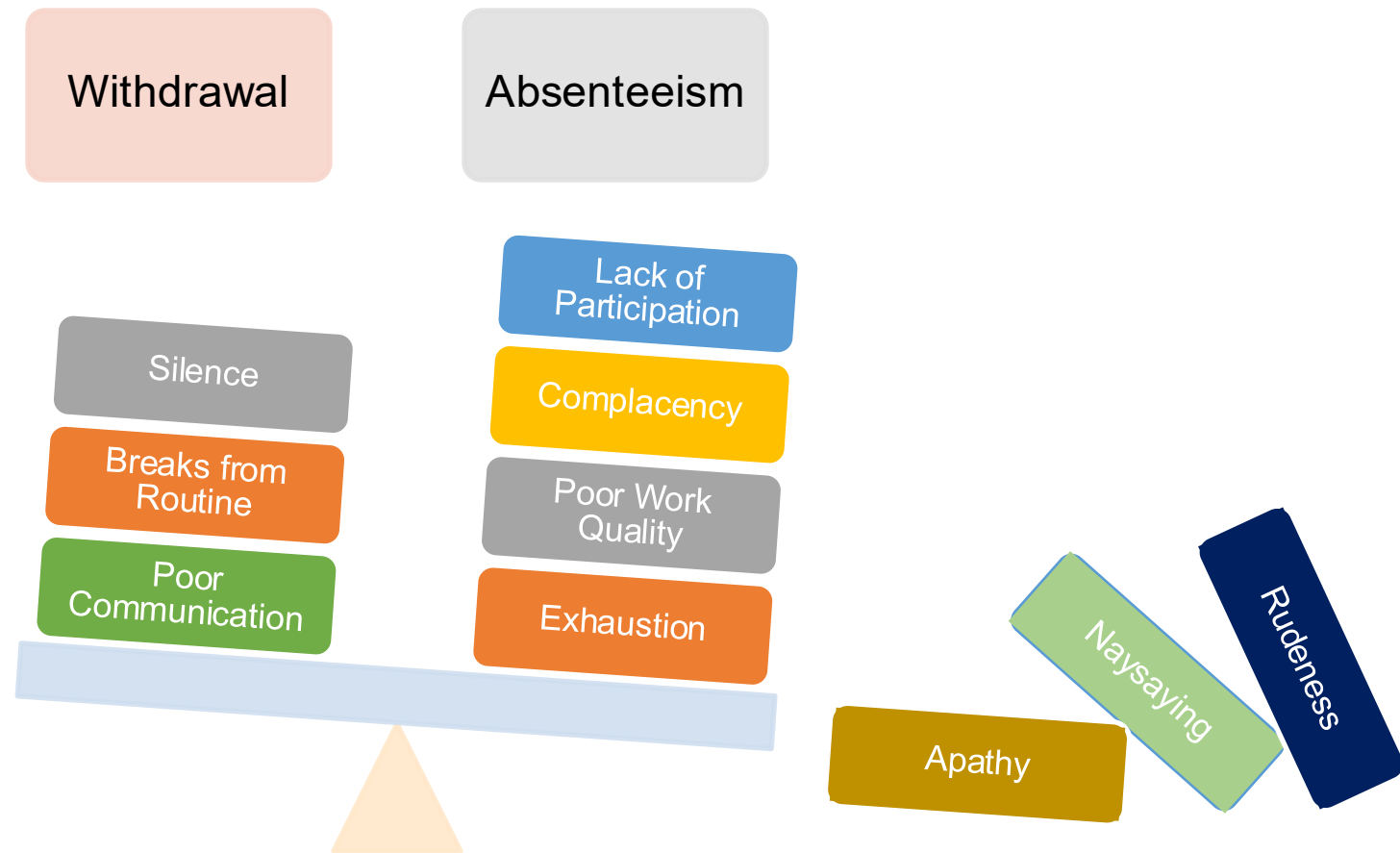


## When Stress Becomes Burnout

- Fear of failure and restlessness
- Feeling irritable
- Poor self-care
- Feeling sad, depressed, helpless or apathetic
- Questioning your own mortality
- Emotional Exhaustion
- Detachment from clients and work
- An increased cynical and negative outlook
- Withdrawal from relationships
- Using maladaptive coping strategies - excessive intake of sugar, caffeine, alcohol or drugs.
- Second guessing yourself



# Signs of Disengagement



# Activating the Parasympathetic Nervous System





# How to Regulate your Wellness Level

Emotional Well-being

Reduces stress.

Cognitive  
Enhancement

Improves focus and memory.

Physical Health

Enhances sleep quality.

Personal Growth

Builds resilience.

Interpersonal  
Connections

Strengthens relationships.

Purpose and  
Contentment

Connects with values and purpose

# The Wellness Wheel



# Communicating Your Stress



- Courage
- Openness
- Positive Mindset
- Using “I” language rather than “You” language. Speak about your feelings and emotions (without blame).
- Show commitment to your studies but also towards yourself - Balance
- Have a solutions-focused approach (Win/Win)

# 5-4-3-2-1 Grounding Technique



5: Acknowledge  
FIVE things you  
see around  
you. ...



4: Acknowledge  
FOUR things  
you can touch  
around you. ...



3: Acknowledge  
THREE things  
you hear. ...



2: Acknowledge  
TWO things  
you can smell.  
...



1: Acknowledge  
ONE thing you  
can taste.



# Guided Imagery Technique

This works incredibly well with a  
Jacobson's Progressive Muscle  
Relaxation



7. I handle unexpected changes or challenges with flexibility and resilience.
8. I have supportive people in my life I can talk to when things get tough.
9. I rarely feel irritable, anxious, or easily frustrated.
10. I use healthy coping mechanisms (like journaling, meditation, hobbies, etc.) to deal with stress.

# Your Quiz Results



## 10–20 points: Stress Management Novice

- You may often feel overwhelmed, anxious, or fatigued. Stress might be affecting your health, productivity, or relationships. Start with foundational techniques like mindfulness, setting boundaries, and getting consistent rest.

## 21–30 points: Developing Stress Manager

- You're beginning to build awareness and adopt strategies, but stress may still get the better of you at times. Focus on improving consistency with habits like regular breaks, physical activity, and healthy sleep patterns.

## 31–40 points: Effective Stress Manager

- You generally handle stress well and have reliable coping mechanisms in place. Strengthen your resilience by continuing to invest in self-care, time management, and meaningful social support.

## 41–50 points: Stress Management Expert

- You have a strong handle on your stress. You likely respond to pressure with calm and confidence, using well-practiced techniques. Keep nurturing your mental and physical health, and consider mentoring others who may be struggling.



# Thank You

## Questions & Answers



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