

COURSE GUIDELINES

THE STRESS-LESS METHOD

The PHYSIOLOGICAL RECOVERY course is designed to equip you with the knowledge to take control of your own physiological health.

At Stress-Less, we use the power of technology to aid us in pursuit of true health, both inside and out.

The Course is a 2 day course and to book attendance, please go on the Stress-Less Method website (www.thestress-lesslife.com)



The Stress-Less Method
www.thestress-lesslife.com

#BOD
AND
MIND

DAY ONE

Part One: Basic Principles of Stress

- What is Stress?
- Is Stress a good thing or a bad thing?
- What happens in the body when we feel stressed?
- What different forms of Stress are there?
- What does this mean inside our body?

Part Two: The Central Nervous System

- What happens to the CNS?
- Stress Hormones
- Anabolic vs Catabolic
- Sympathetic vs Parasympathetic
- What this all means?

Part Three: Reducing an overload of Stress (Theory)

- Nutrition
 1. Timing of eating (eating too late, fasted periods)
 2. Types of foods (intolerances, sensitivities)
- Mental Relaxation
 1. Meditation/Mindfulness benefits- sleep, overactive mind
- Exercise
 1. Restorative exercises
 2. Stress Adaptive Exercises

Part Four: Restoring Balance with Heart Rate Variability (HRV)

- What is HRV?
- How can we use HRV to help create balance between stress and recovery
- Products

1. Heart Rate Monitor and Finger Sensor (Elite HRV)

Part 5: Measuring Mental Relaxation with Muse

- What is Muse Brain Training Headband and what does it do?
- How it can help?
- Practical Demonstration

DAY TWO

Part One: What does a Coaching Session look like?

Conducting a CALM Session (Group) – Practical

- Warm up
- Main Exercise
- Cool Down and Stretch

Conducting a CALM Session (Personal) – Practical

- Reading of HRV
- Decide to work on restorative or exercise
 1. Restorative- Meditation/Mindfulness and conversation
 2. Exercise- Stress Adaptive Exercises followed by Muse Meditation
- Cool down and Stretch if applicable

Part Two: The Internal State

- The 3 egos (Adult, Child, Parent)
- How they relate to life with physical fitness
- How they relate to life outside physical fitness
- How they can be used to better your life holistically and take responsibility

Part Three: Assessment and Feedback

- Conduct Group Exercise Session
- Conduct One to One Session

Part Four: Physiological Testing: Telomere Testing

- Biological vs. Chronological Age