



Wellness Day Workshop

Staying Sane in an Insane World: Finding Calm in the Chaos

Most of us experience our current world as a rollercoaster ride spiralling out of control. Every day we wake up to new changes and shocks to the nervous system. Apart from the daily impact of happenings in the wider world, marked by political instability and wars, our personal and professional lives are filled with relentless pressure, insane expectations and the rising cost of living, which increases stress and pressure on our nervous systems. No wonder that anxiety and depression has become a major mental health concern.

This workshop aims to help us understand what happens in the body when the stress response is activated, and to develop skills and techniques to help us build resilience, find peace and ultimately calm in the chaos.

This workshop will cover the following:

- ❖ The Neurobiology of Stress, Trauma and Anxiety: understanding the body's reaction as well as the debilitating effects of chronic stress on the nervous system.
- ❖ Skills Toolkit: We will cover Mindfulness Practices like Meditation, Breathwork, Mindful Movement, the Emotional Freedom Technique (EFT) and other practical tools.

Venue: 8 De Bron Avenue, Kenridge, Durbanville.

Date: Saturday 27 June 2026

Time: 10:00-14:00

Investment: R 700.

For more information or bookings contact
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