

Our Team & Client Stories

Experts in Stress Management

Stuart Andrews & Bronwyn Thompson

- Both Olympians with lived experience in resilience and performance under pressure.
- Stuart: Physical Rehabilitation Specialist, pioneer of movement-based stress programs.
- Bronwyn: Senior Psychologist, resilience training specialist, co-creator of SRS.



"When you're stressed, what's the first thing you lose - and the last thing you realise you've lost? Your range of movement." - **Bronwyn Thompson**

"Resilience is not always about whether you can get back on your feet again more often than not, it's whether you can get comfortable lying down - sleep matters." - **Stuart Andrews**

Client Testimonials

- Dr. Samantha Graham: *"A brilliant system for monitoring athletes' stress levels and reversing contraction caused by stress hormones."*
- Chris B: *"I have always had a problem acknowledging stress... this simple tool allows me to deal with what so many of us ignore."*
- Jeff H: *"Preparing myself to go to sleep with SRS has changed my nights - better rest, better thoughts."*
- Jenny Holbeck: *"Fresh, innovative, easy to commit to - it worked when meditation and exercise classes didn't."*
- Kim Brennan: - Olympic Gold Medalist *"Simple to use system that allows you to feel how you are reacting to life and most importantly gives you a chance to respond"*

A Practical, Lifelong Solution

Why Choose SRS?

- Portable, cost-effective, time efficient biofeedback system that facilitates our mindful movement approach
- Creates sustainable stress management habits.
- Addresses both physical and emotional fallout of stress.
- Restores balance, resilience, and long-term well-being.

Traditional vs SRS Approach

- Traditional Stress Management: focuses on thoughts (abstract, random, difficult to control).
- SRS: focuses on body sensations (accessible, controllable, structured).

Benefits

- Breaks the negative feedback loop.
- Provides practical control over thoughts and feelings.
- Creates a reset point - The Stress Reset System.

Appointment Options

- Initial Tailored Consultation + Take-Home System - \$300 (Includes 1-hour consultation, supply, and training with our patented device)
- Take-Home System (online purchase) - \$200 (+ postage)
- Follow-Up Appointments \$143

Contact Us

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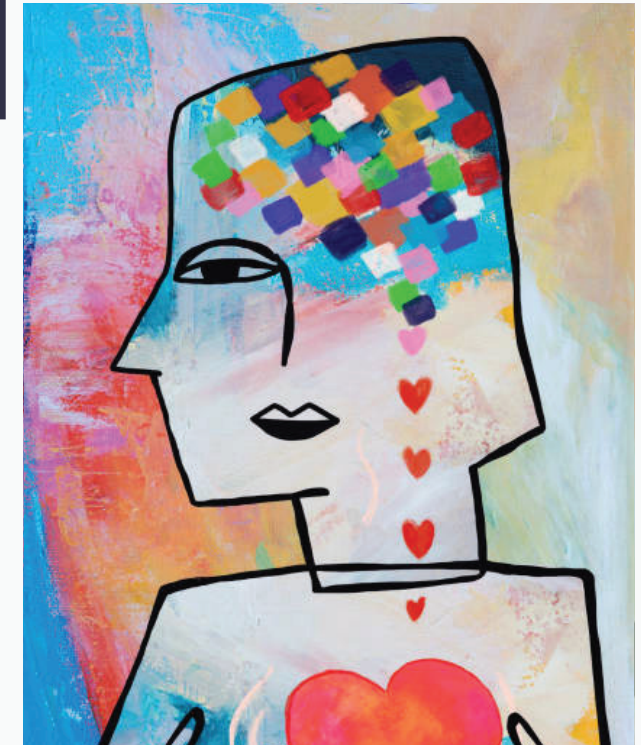
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BOOK ONLINE



Stress Reset System (SRS)



Our mindful movement approach has proven results for tackling the physical and psychological impacts of stress

"A collaboration between Psychologists Canberra and Fit To Manage"



What is the Stress Reset System?

Stress is not just psychological - it affects both the mind and body, particularly the central nervous system (CNS), which governs how we think, feel, respond, and adapt. Stress is a normal part of life, not a diagnosis. It can be positive or negative, depending on how it's managed.

The SRS Response

- Utilises a patented biofeedback technology as a vehicle for targeting the combined effects of the physical and mental fallout associated with being stressed.
- Promotes a balanced neuromuscular response by correctly aligning the spine relative to the limbs. This is the key to promoting positive movement and thought processes.
- Acts as a safe and powerful mind - body reset tool that brings what you think and feel into the immediate moment enabling a much needed sense of control.
- Accessible even for people with pain or limited mobility.



The Evolution of SRS

The SRS program was designed for and utilised by government frontline workers who had been exposed to critical incidents that clearly had physical and psychological fallout.

Stress is often expressed as a “feeling” rather than a “thought”.

Stress signals participants reported:

“I feel drained.”

“I can’t relax.”

“I’m tired and can’t sleep.”

“My legs ache.”

Real-World Impact

- Stress can cause subtle but significant changes in range of movement (ROM).
- Example: *“I used to touch my toes, now I can’t reach my shins.”*
- The SRS allows participants to notice and reverse stress fallout before dysfunction, pain or relational issues occur.

The Science Behind SRS

Utilises patented biofeedback technology that is designed to elicit a positive emotional and physical response that helps the CNS to wind down and reset

- Mental Integration: redirects random, negative thought patterns into constructive ones.
- Mind Body Alignment: synchronises movement and thought for emotional balance.

Plato (427-396 BC)

“We should not exercise the body without the joint assistance of the mind; nor exercise the mind without the joint assistance of the body”



“Our Mindful Movement Approach allows you to move in a way you can’t move yourself”

Bronwyn Thompson

Why It Works

- Brings your stress pendulum back to centre.
- Integrates physical and psychological responses.
- Addresses stress signals often overlooked in medication-only or talk-based therapies.

Core Principles

- Small, controlled movements.
- Sequential, logical patterns that restore natural motion.
- A “spine-first” approach: posture from the ground up.
- Promotes neuromuscular coordination and efficiency.

Proven Results

- Developed and refined over 25 years.
- Endorsed by Olympic Gold Medalists.
- CSIRO, ANU, Australian Customs, COMCARE, ActewAGL.
- Demonstrated improvements in stress resilience, posture and movement quality.
- Successfully utilised in government trials by frontline workers