



Stress & Veerkracht Welkom

Inez Senecaüt
Sandra Boel

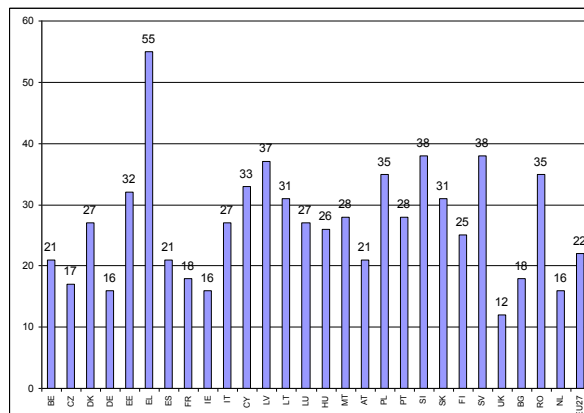
13 mei 2015
Internationaal Congres HoogSensitiviteit

Ism. Prof. dr. Elke Van Hoof
'Huis voor Veerkracht'

Cijfers

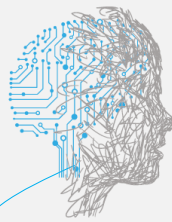
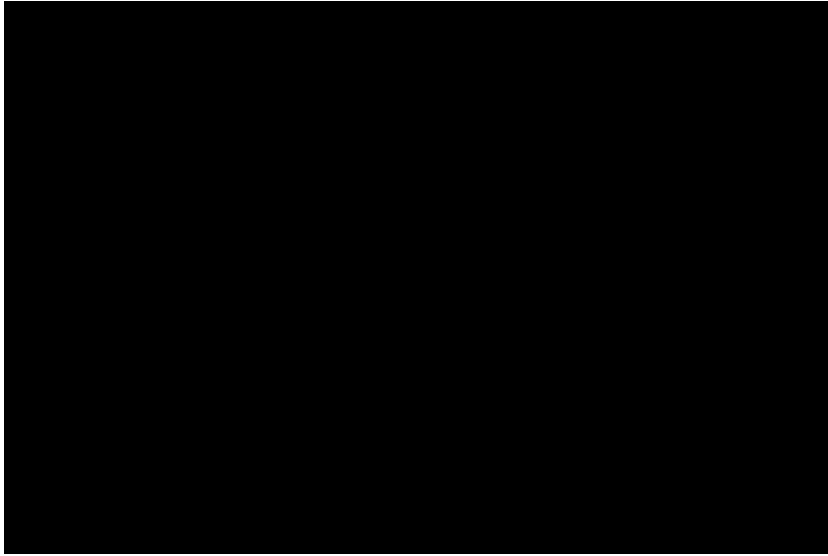
The level of reported stress in EU countries*

The highest levels of stress were reported in Greece (55%), and in Slovenia (38%), Sweden (38%), and Latvia (37%), whereas the lowest levels were registered in United Kingdom (12%), Germany, Ireland, and the Netherlands (16%) as well as in the Czech Republic (17%), France and Bulgaria (18%).



*European Foundation for the Improvement of Living and Working Conditions. Fourth European Working Conditions Survey, 2005.



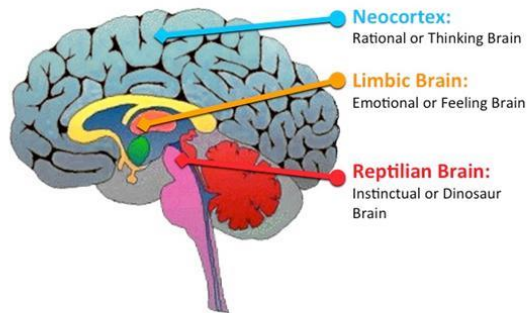


Wat is stress ?
Wat is de impact op ons
lichaam?



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Hoe werkt stress?

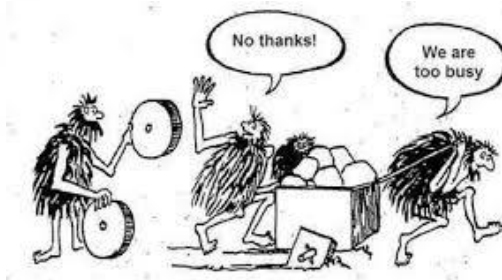


Bij een stressor reageert ons lichaam met aanmaak Cortisol & Adrenaline



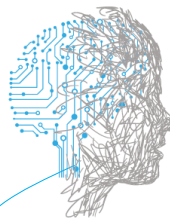
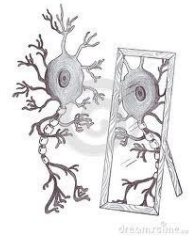
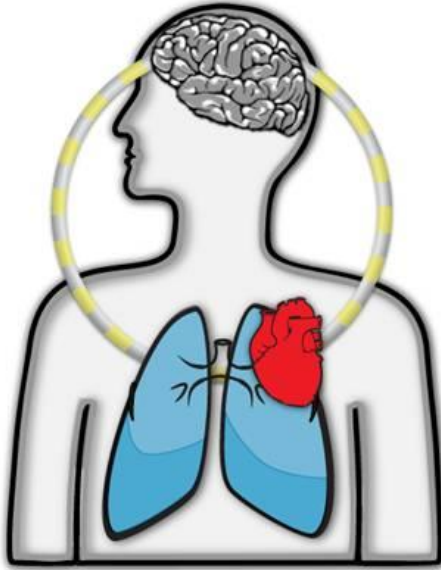
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Stressy Kip zonder Kop



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Hoe werkt stress?



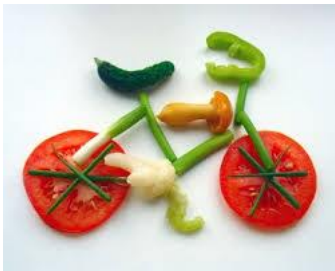
Veerkracht

- Cortisol
- DHEA
- Recuperatie



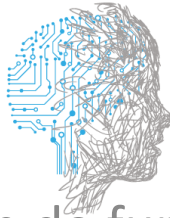


Temperatuur – Cool down



Voeding & Beweging





Het nut en de functie van stress

Er is niets mis met stress in ons leven. De meeste mensen hebben een portie gezonde stress nodig om voldoende uitdaging te hebben en zich goed te voelen.

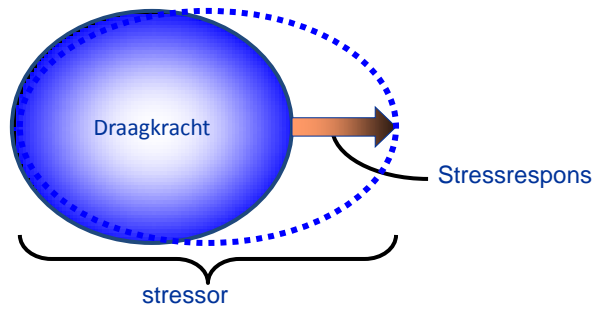


- Overleven
- Innovatie
- Vooruitgang
- Zelfinzicht
- Zelfontwikkeling

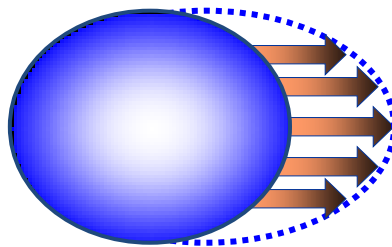


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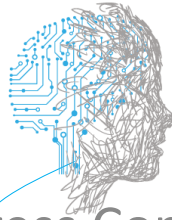


Door de stressrespons kunnen mensen meer aan dan ze dachten !

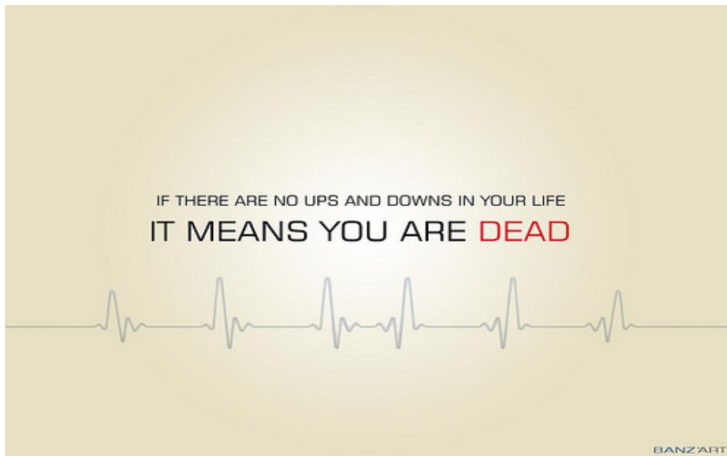
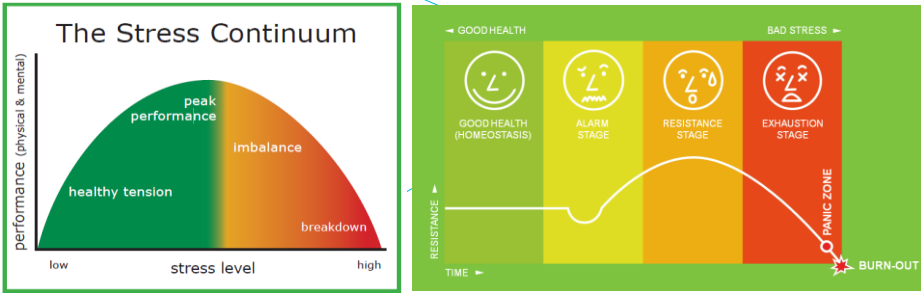


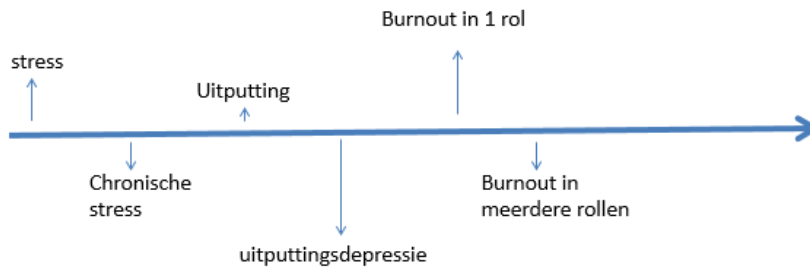
Chronische stress is recurrente en frequente activatie van het stress-systeem.





Stress Continuum





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Wat veroorzaakt stress ?



"Well, all the symptoms of just another typical case of burnout, I'm afraid."

Vier grote oorzakelijke groepen :

- Werkgerelateerd
- Aan het individu gerelateerd
- Maatschappelijk en cultureel
- Fysiek



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**Werk is eerder plezierig
en vermoeiend
(herstelbehoefte/recuperatie)**



**“ Je ziet het zelf NIET
aankomen!”**



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Veerkracht

- Zelf werken aan je Veerkracht
- Naarmate je ouder wordt neemt veerkracht af
- Zoek naarmate je ouder wordt naar functies die minder stress inhouden en meer pauze toelaten. Gebruik je ervaring om bij voorbeeld jongeren op te leiden



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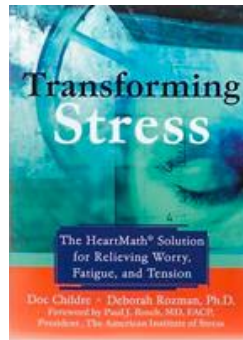


Veerkracht opbouwen

- Hartcoherentie
- Inzetten op talenten



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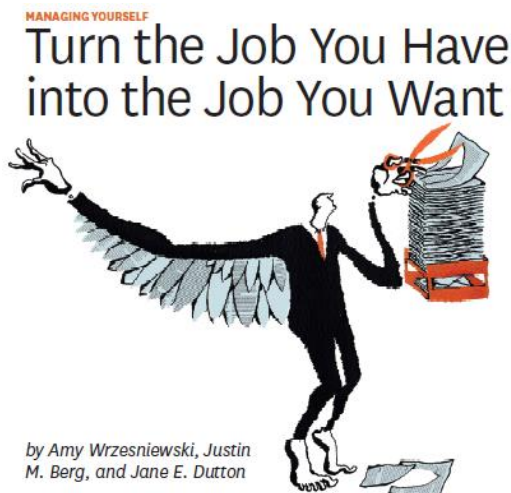


Transforming Stress: By Doc Childre, Deborah Rozman PhD. This first in the HeartMath Transforming Series books contains a complete discussion of the Quick Coherence Technique. This book is one of HeartMath's most important works, relying on years of research into stress and emotional management and providing you with scientifically based and proven methods for transforming your stress and your life.

@Heartmath Institute

Job Crafting


Managing your Professional Growth



JOB CRAFTING is a simple visual framework that can help you make meaningful and lasting changes in your job—in good economies and bad. But it all has to start with taking a step back from the daily grind and realizing that you actually have the ability to reconfigure the elements of your work.

The bottom line? Make sure that you are shaping your job, not letting your job shape you. ♡

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 **Amy Wrzesniewski** (amy.wrzesniewski@yale.edu) is an associate professor of organizational behavior at the Yale School of Management. **Justin M. Berg** (bergj@wharton.upenn.edu) is a doctoral student at the University of Pennsylvania's Wharton School. **Jane E. Dutton** (janedut@umich.edu) is the Robert L. Kahn Distinguished University Professor of Business Administration and Psychology at the University of Michigan's Ross School of Business. For more on job crafting, visit www.jobcrafting.org.

Job Crafting

Zinvolle Werkervaringen Creëren



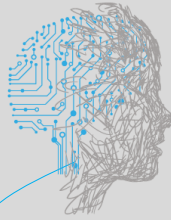
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Job Crafting

Aligneren van Sterkten met bedrijfsdoelstellingen



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More info ?

www.huisvoorveerkracht.be
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