

Slide deck teamreflection



# Introduction of you as trainer

- Share some pictures of you, both personal and workrelated



Waardigheid  
en trots *in de regio*

## Today's topics

- Talking together about stress and perception that comes with it. With respect for the differences
- Explaining stress, what it does to you and what is normal in an abnormal situation
- Supporting each other

## The rules for today

- We see you as a team of healthy resilient people who regularly do their jobs in stressful situations. There is nothing wrong with you. There may be something wrong with the situation
- Confidentiality. Everything we share today is for the sole purpose of supporting each other
- As a trainer, I do not feed back content stories to anyone in your organization.
- Feel free to participate in your way. If I ask you something and you prefer not to answer in the group, that's totally fine. You decide. Even if you're here today just to listen, that's also fine.
- Anything else...?



# how are you feeling right now?





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**Not everyone sees the same**  
**Not everyone feels the same**





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# What is stress??



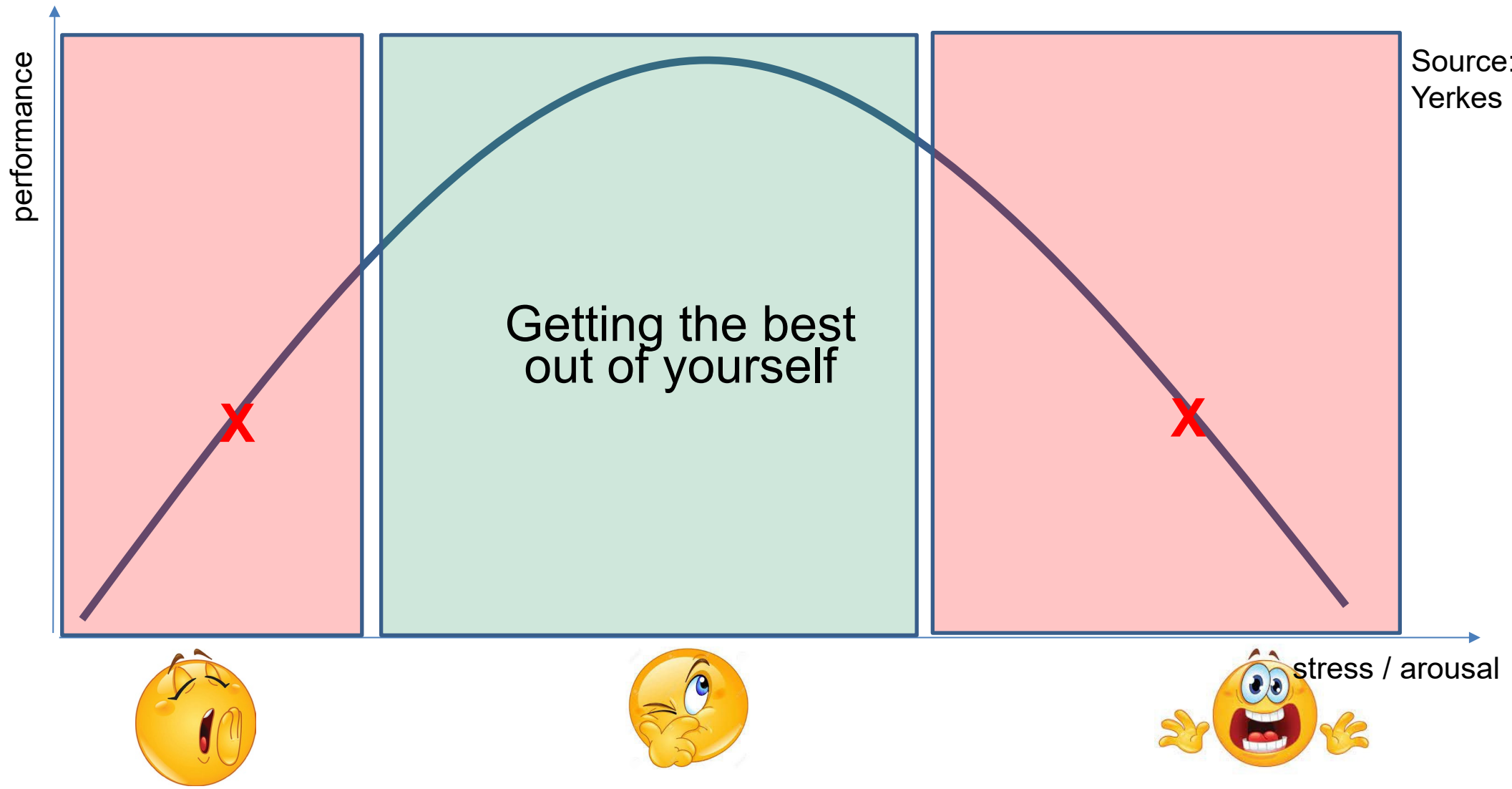
Waardigheid  
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# Fight Flight Freeze





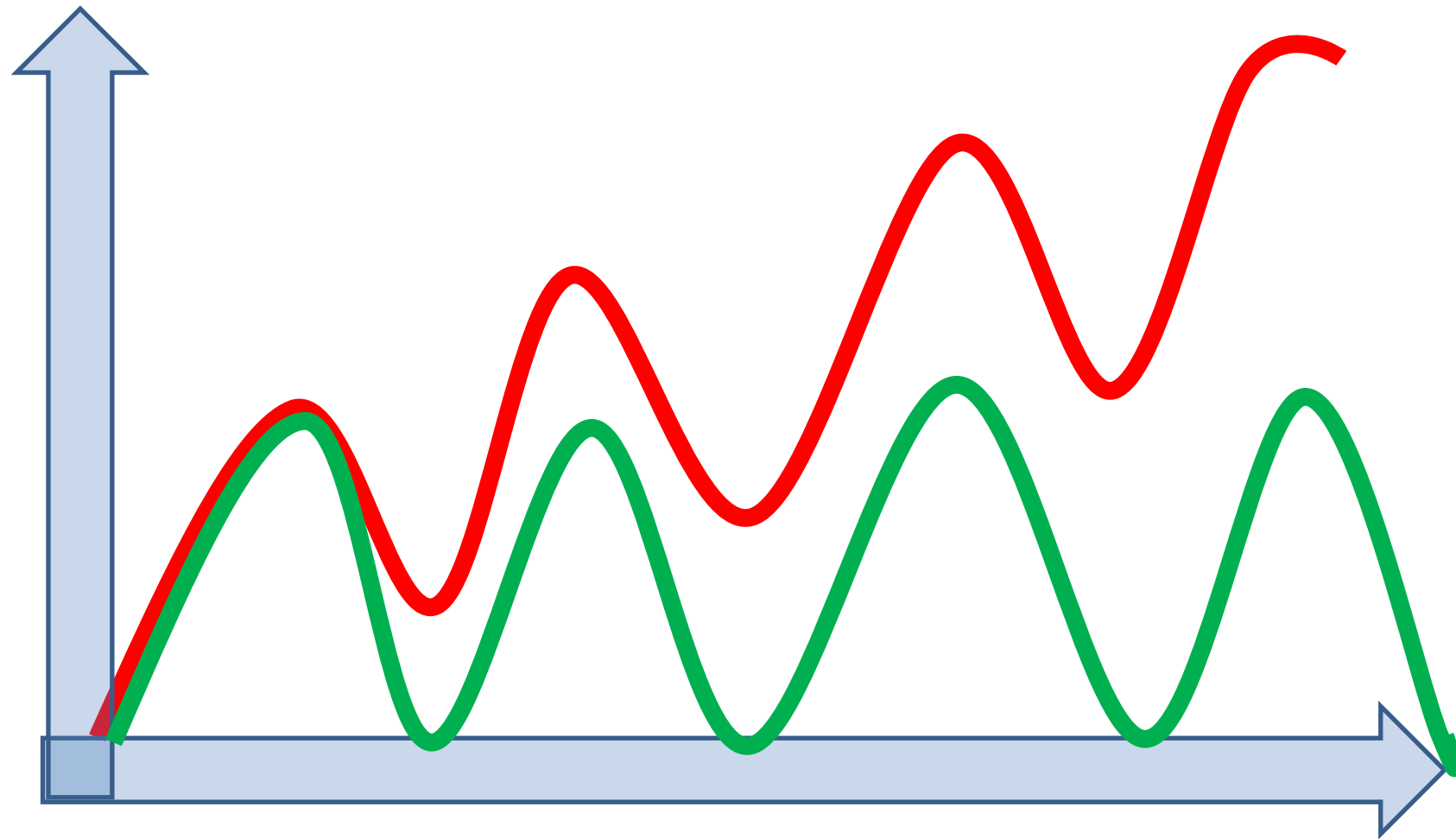
Stress is not necessarily something bad  
Too much and too long is though!  
Focus on managing your stress



Source:  
Yerkes & Dodson

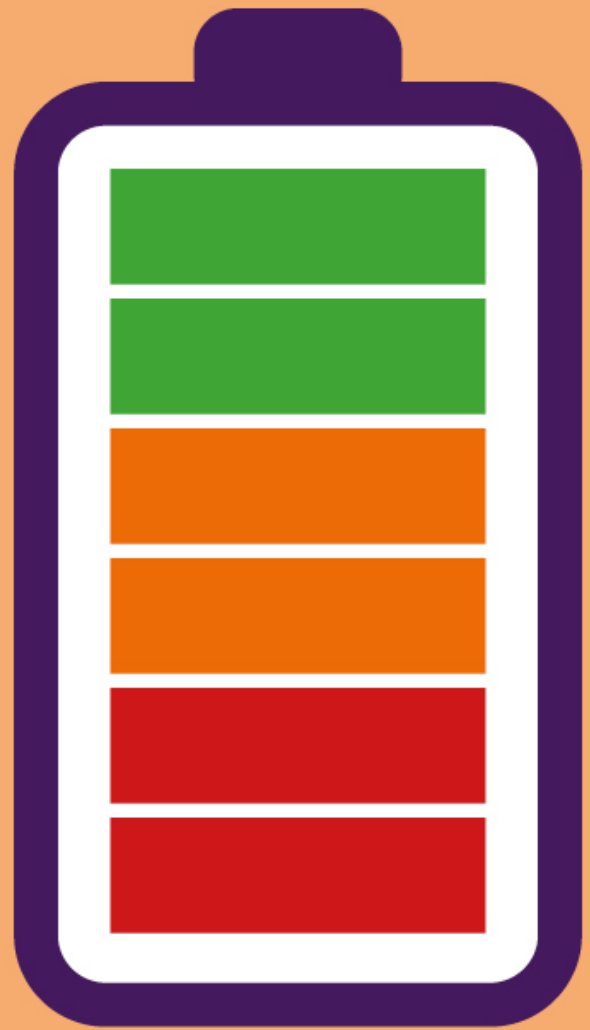


# Cortisol



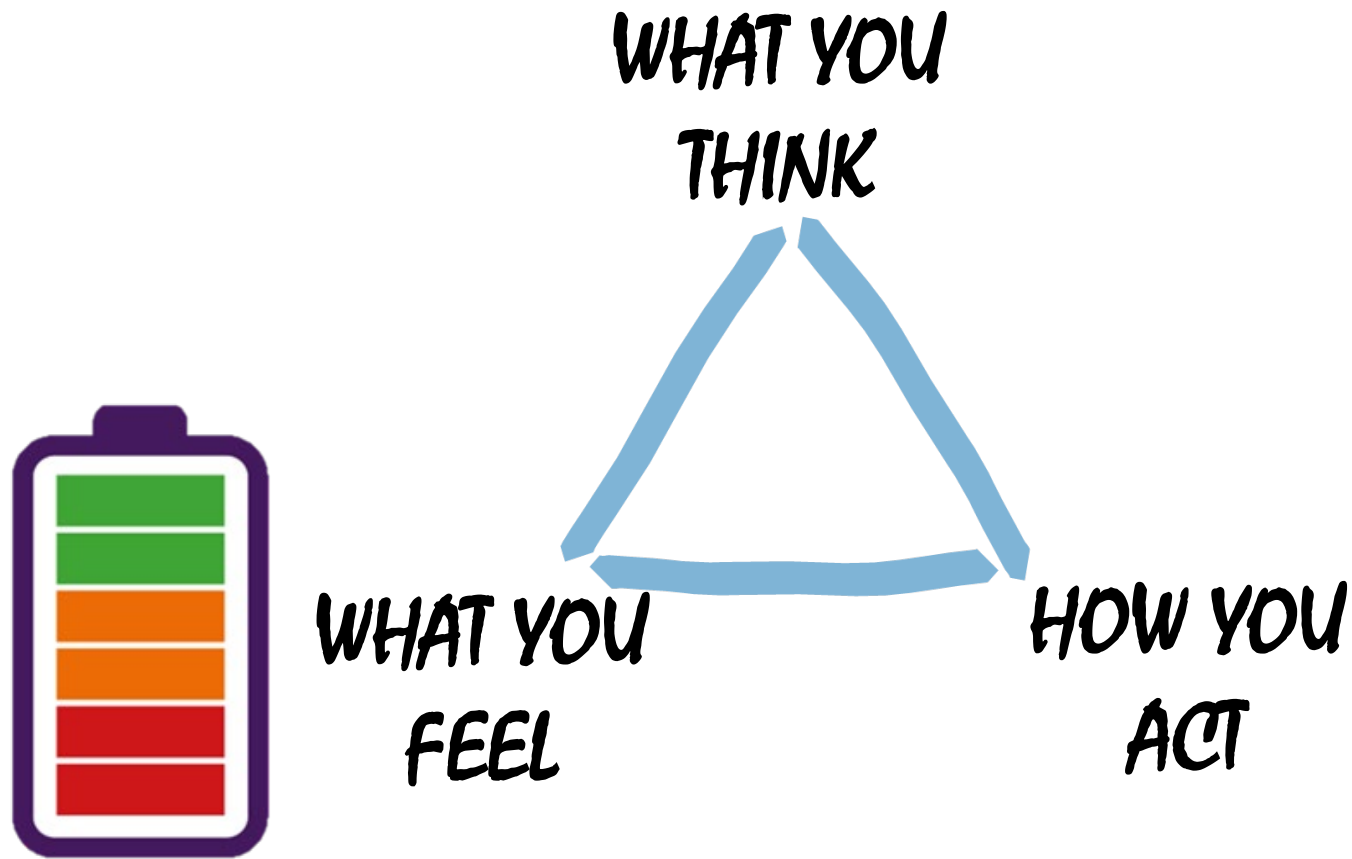


- buddy discussion pg 20
- Remember to normalize: in your job, it is normal to experience stress from time to time!



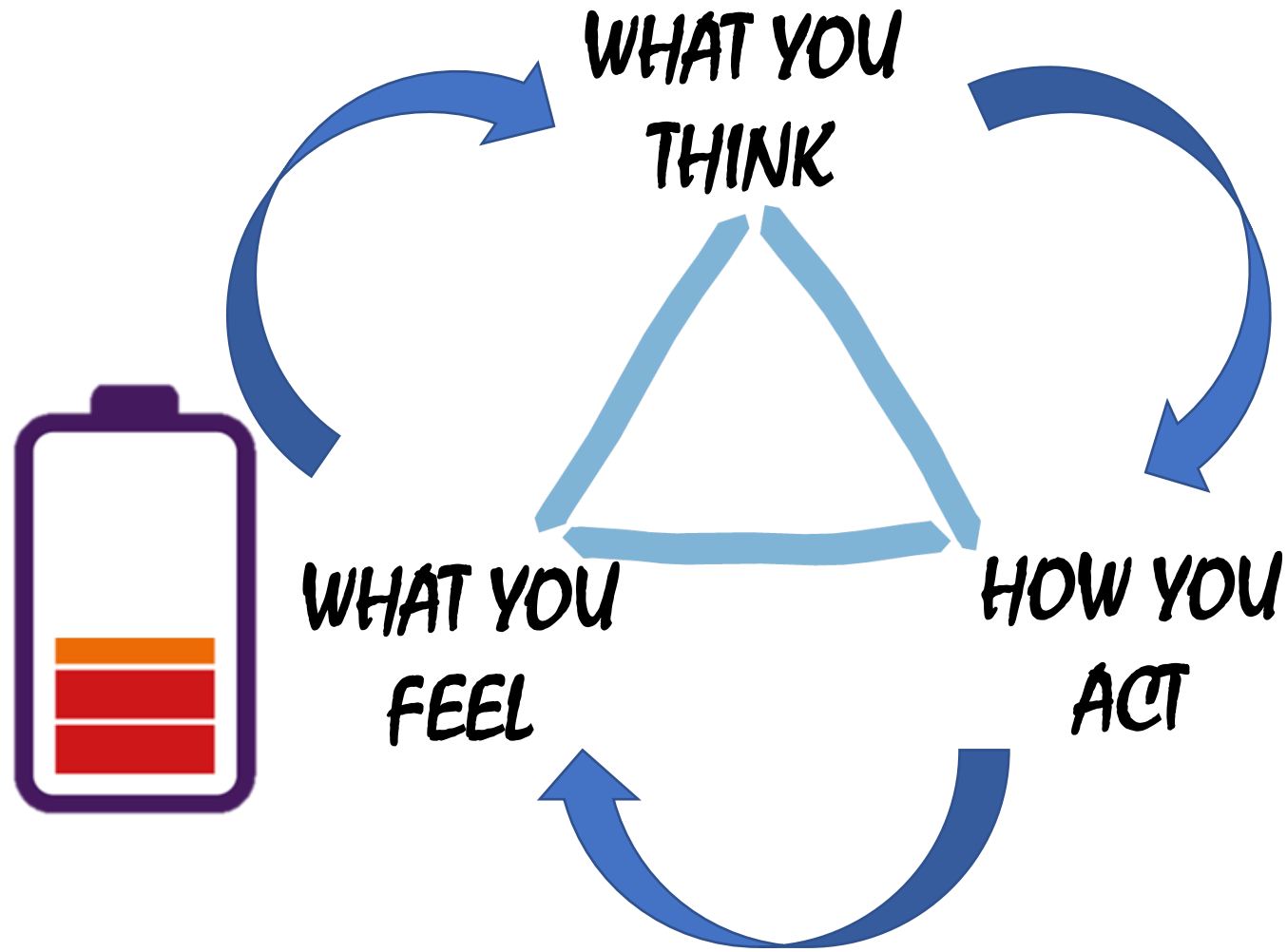


# Taking care of yourself





# Vicious circle of stress

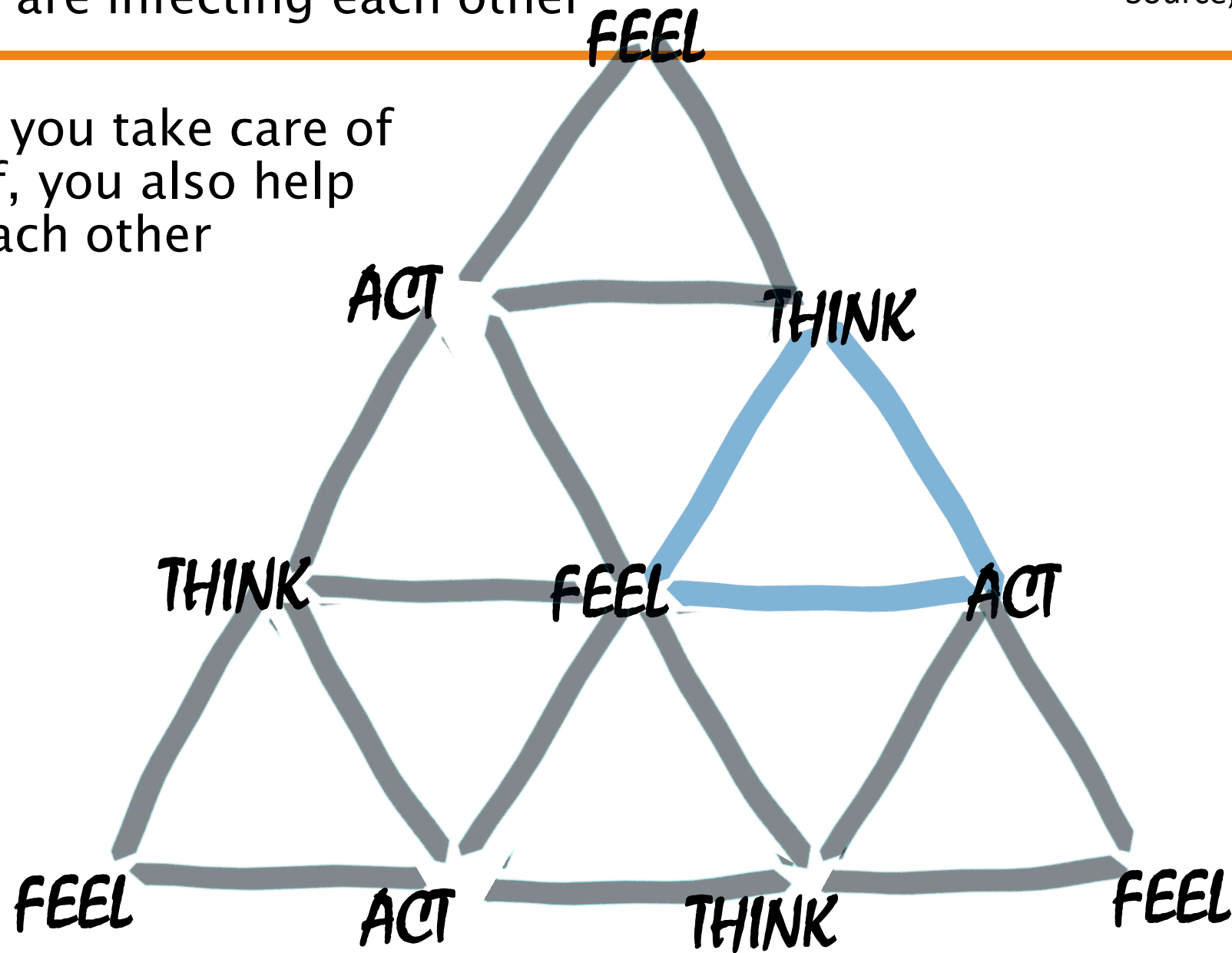




Also, you are infecting each other

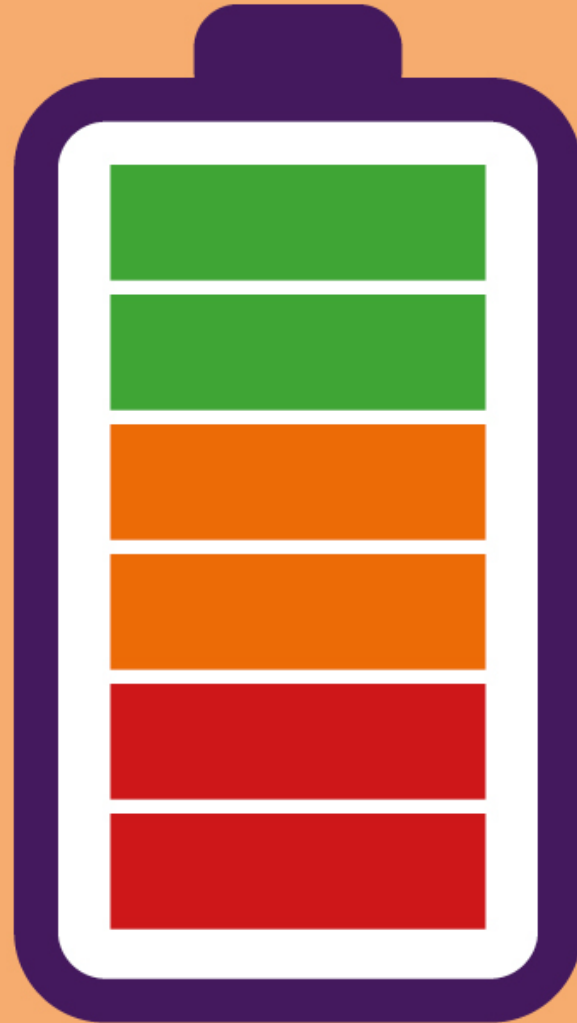
Source; Noud van Hecke, Vidacto

Or: when you take care of yourself, you also help each other





# Buddy discussion Page 18-19



- The next slide is an alternative approach. For example you can use this exercise in the second teamreflection

## When you are experiencing stress:

- What do you feel? What do you think? What do you do?
- What effect does that have on yourself?
- What effect does that have on another person? (your colleague, your client, your...)
- And...what can a colleague do to help you in such a situation?

