



Workshop Stress and Self-guidance

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Abstract of the Powerpoint and relaxation exercise for stress reduction



Agenda Workshop

- Introduction
- Eplanation and short relaxation excercise
- Stress and the brain
- Sources of stress
- Survival responses to stress
- Between the theory experiential excercises
- Questions and closing



Training and coaching

- Sickness/Absenteeism recovery training
- Participants recover 7088%, versus 33% recovery non-participants
- Preventive training Self-counseling and Stress reduction.
- Increased vitality and self-confidence
Decreased stress 38% Decreased anxiety 25%,

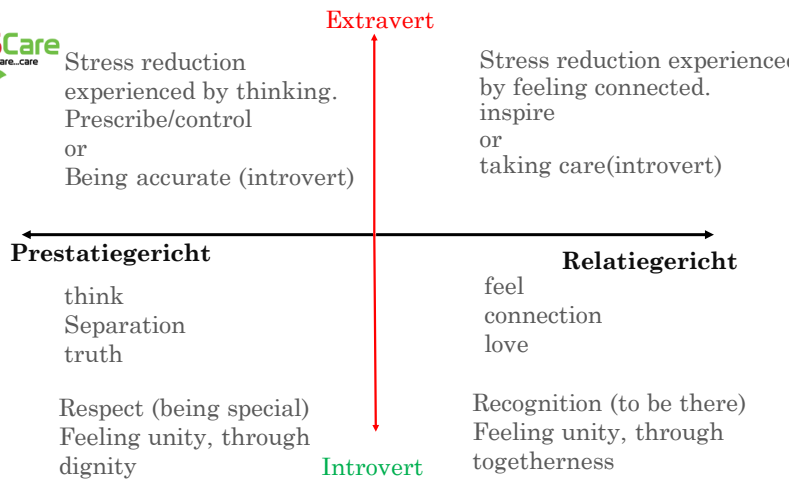


Metaphor: The wings of thinking and feeling truth and love

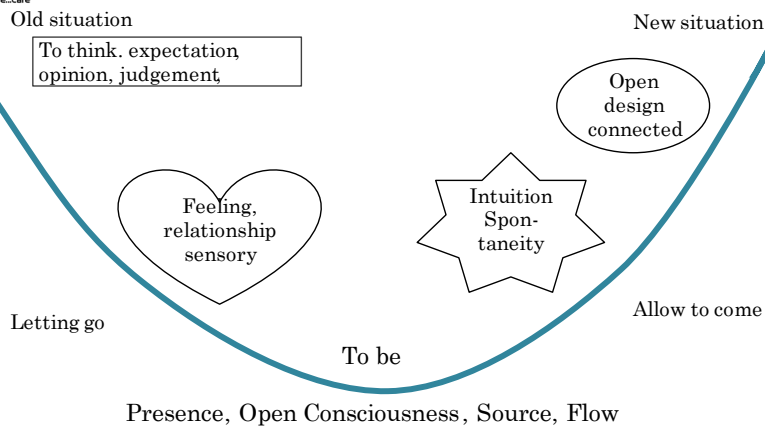


Stress is result of difference between reality and desired situation, that cannot be solved with (old) knowledge or behavior.

Stress is tension between the thought image of reality and the felt direct experience.

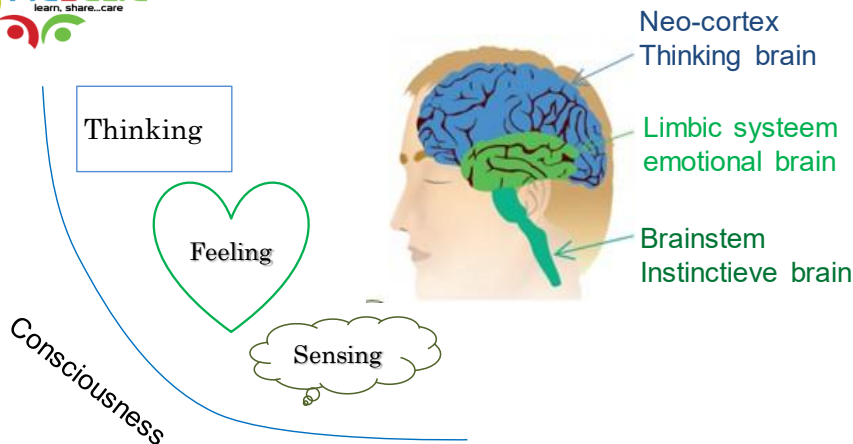


Theorie U Change Process letting go of conviction and allow feelings

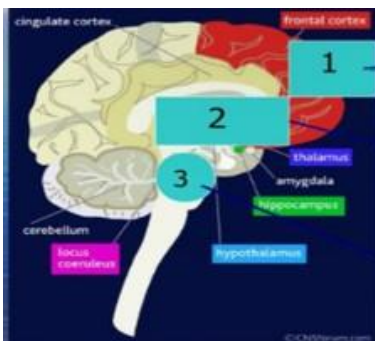




Stress and the brain



General pattern when performing tasks, under increasing stress



1. Analysis, thinking deliberately acting
2. Time passes, hurry up, turmoil, decisions based on emotions,
3. Deadline, panicky, survival leap in the dark



Excercise: Three minutes Breathing Space

How is your stress now 0-10?

1. Awareness

Pay attention for a moment to the environment, the sounds, thoughts and physical feelings.

2. Attention to breathing

Follow that breath without judgment.

3. Connect breath and attention

Connect the attention and the breath. Move, the attention with inhale and exhale through the body and extend this over our whole body.

How is the stress 0 -10?

The 3 minutes of breathing space to get to yourself.

It is a short attention exercise that you can perform several times a day, for example at work or during work at home. It's a short structured way to quickly bring you back to the present moment.

preparation:

The invitation is to at least sit down well in your seat and preferably focus your eyes in front of you on the desktop, so that you visually close off from your surroundings. Even better is, if you feel comfortable closing your eyes, so that you can tune more just to your body, and to your inner experience.

We start with the question in advance what is the degree of stress for you now on a scale of 0 to 10?

Minute one.

consciousness Sit in a straight position and close your eyes.

Bring your attention to the environment, space, and sounds (...).

Then bring attention to your physical experience. The attention to the feet and your seat in the chair.

Notice the passing thoughts ... without going along with it. Bring attention to the feelings and physical sensations Be observant around this experience, no matter how they are. Without changing anything, just observe it, open.... mild... and curious.

Minute two Attention to breathing.

Now bring full attention to your breathing. To the inhale and exhale.

Where do you feel that breathing? Belly, chest, nose?

Follow that breathing and the effects in your body. Feel how breathing goes but don't judge.

There is no proper breathing, only breathing at this time.

It's about being attentive. Without judgment to practice the mental attitude that is caring, open, mild, and curious.

Minute three connect attention and breathing.

As you follow the inhalation and exhalation, bring attention to the legs.

Let the attention move up and down along your legs with the rhythm of breathing.

Send attention and breath through and around your legs

, then bring attention to the abdomen and chest and let the attention go up and down with inhalation and exhalation.

Allow you to experience space change when breathing in and out.

Then extend the breathing all over your body.

The breathing space that is created in this way helps you to turn off autopilot and reconnect with the current moment. Not to influence the experience of the present moment, but simply to be here and stay with it. Expand your attention further in the direction of the space around you.

How's the stress 0-10 now?

What do you feel in your head, your heart, your belly. How's your breathing?



Personal objective stress level

- You can test the degree of stress symptoms yourself in an objective way and support yourself.
- You can test your Personality Style (DISC) and see how you are trying to reduce stress and how it effects the other.
- WWW.prescare.nl/testen
- Consider coaching or training to avoid burn-out



During the training you will learn

That neo-cortex is for thinking, analyzing, interpreting and giving meaning.

How the thinking gives meaning and judges about one's own thoughts and feelings.

How to dismantle the negative selfjudgments.

- The workings of the super-ego. Difference and effect between Inner critic and constructive selfmanagement
- Self-guidance to reduce the extra stress on the inner critic and increase vitality.



Self-support and stress reduction

- The **special offer** for participants of the ABNAMRO workshop. Discounted rate € 990 incl. VAT Incl. 2 extra parts of the day
- Sign up for one of this year's training sessions.
The first training starts on 22 June
Intakes via teams or live by appointment.
Training 22 and 29 June, Evaluation 6 and 7 July.
Training 13 and 27 July and 2 parts of the day in October

Other dates and sign-in link www.prescare.nl/events