





### 1.3 What is stressional intelligence?



**What is "Stressional intelligence" in your words?**

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## 2 Your stress is not my stress

### 2.1 What is 'stress'?



**'Stressional Intelligence' questionnaire**



**A medical check-up...**

2.2 Stress is what one makes of it.



**View your stress from different points of  
view**



**Try to redirect the following interpretations to a challenge:**

<b>Situation:</b>	<b>Challenge in interpretation.</b>
Your day is completely planned with tasks. At 11:30 you are yet asked to make a description of the department for an external customer, already by the end of the day.	
You have asked for a transfer to another department, but in the meantime you have been waiting for that transfer for a year and a half.	
You are full of good ideas. Yet you find it difficult to pass them on to other people. It seems like no one is listening.	
You are working in another department. Your new chef is always busy and barely makes time for you. He expects that you will immediately fit into the team. Yet, you do have several questions.	

Since the retirement of your colleague, you have to do all the work. In addition, the internet connection that is crucial for you, goes on the blink twice daily.

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## The stress balance

**Give to each stressful event an importance rating from 0 to 10:**

- 10 excessively important
- 9
- 8
- 7
- 6 more or less important
- 5
- 4
- 3
- 2 little important
- 1
- 0 not important.

***Assign a value to your stress level from 0 to 10:***

- 10 enormously stressed
- 9
- 8 seriously stressed
- 7

- 6 'normally' stressed
- 5
- 4
- 3
- 2 a little stressed
- 1
- 0 no stress

## 2.7 Healthy and unhealthy stress



**Find the good stress**

## 2.8 What causes stress?



**'Objectify' your stress**



## Not only mental pressure causes stress

Fill in and give a score for stressful factors:

situation of stress	[fill in]
mental pressure	1 - 2 - 3 - 4 - 5
threatening future	1 - 2 - 3 - 4 - 5
feeling ignored as a person	1 - 2 - 3 - 4 - 5
sense of coercion	1 - 2 - 3 - 4 - 5
monotony	1 - 2 - 3 - 4 - 5
uncertainty	1 - 2 - 3 - 4 - 5
sense of futility	1 - 2 - 3 - 4 - 5
limited pace for regulating	1 - 2 - 3 - 4 - 5
social stress	1 - 2 - 3 - 4 - 5

## 2.9 Stress and mental pressure



### Avoid fatigue due to negative expectations



2.10I can (not) handle it!



**What if your adjustment fails?**

2.11DISTRESS IN SPIRALS



**PLAY YOUR OWN THERAPIST**

## 2.12 YOU GET THE STRESS THAT YOU EXPECT.



**Learning to sort and sift impressions and emotions**

## 2.13 ARE YOU SUSCEPTIBLE TO STRESS?



**Take control of your hardiness**

## 3 Effects of stress

3.1 stress and (loss of) control in a self-perpetuating pattern



**Reinterpretation of a concrete situation of powerlessness**



**Make a list of things in your life that suffer from the distinction between having-to and being-able-to.**

### 3.5 Signs of an upcoming thunderstorm



**Getting to know the sun again after the threatening thunderstorm**

### 3.6 From stress to physically being-ill



**Looking for chronic anger**

## 3.9 Solutions that are part of the problem



**A reflection**

## 4 A response to stress

4.2 The recovery is more important than the stress.



**From stress to relaxation and vice versa**

## 4.3 Relaxation – deep relaxation



**A short relaxation**



**Clenched fist method**



**Some simple stretching exercises for at the desk**



**Massage (to yourself and others)**

## 4.4 Stress shared is stress halved.



**Paraphrasing: exercise with two**



**Search and give social support**





**Step-by-step plan to dare to ask for help**

4.6 Not passive nor aggressive, but  
assertive



**Ask yourself where you stand on each of the  
points in the passive-aggressive-assertive tables.**



## **Making your score of assertiveness**



## **Becoming more assertive in a real situation**

## 4.7 Letting 'good intentions' last



Bringing forward your motivation

## 4.8 A non-stressed mind in a healthy body.



Try each day to go to bed half an hour earlier and see what this does for your quality of life.

## 4.9 From the bag of the medicine man



Try each day to go to bed half an hour earlier and see what this does for your quality of life.

## 4.10 Stressional intelligence



**A technique: feel yourself strong!**

## 5 Where I work, I feel at home

### 5.3 The causes of stress at work



**What is stressful for you at work?**

### 5.4 Towards a reduction in stress at subordinates



**Cultivate stress-lowering attitudes yourself**

## 5.6 Work as the source of self-development and self-esteem



**Is your job a source of personal development?**