



# WORKSHOP SELFCARE

## How to balance study/work and personal needs

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If you have questions after this workshop or if you want to talk about your personal situation, email me or my colleagues in your city at [info@ifes.nl](mailto:info@ifes.nl).

# Stress

Stress is a name for the feelings and physical signs that you experience when you want to do too much in too little time or when you have to do something that scares you or you don't feel equipped for. Stress arises when you can't meet the demands that are made on you. Often we put the demands on ourselves.

## Questions to think about

*What makes you put so much stress on yourself? What are you trying to accomplish? How do you feel about yourselves when you can't meet the expectations?*

To perform well you need a certain amount of stress, e.g. speaking in public. Positive shortterm stress makes you successful. But when the stress is too much or too long it hampers the result. We need to take recovery time. The problem is not that we work too hard but that we don't take enough time to recover.

Longterm stress disturbs your hormone balance and make you vulnerable for infections, loss of memory, concentration disorders and chonical fatigue.

Longterm stress makes you ill and it can even cause your death!

## **4 types of stress**

### **1. Life stress**

Problems in relationships, health, family, finances can cause stress and frustrations. Also big positive events can cause stress (winning the lottery)

### **2. Traumatic stress**

Shocking events (suddenly, unexpected and dangerous) can cause flashbacks, nightmares, disturbed sleep, irritability and scare. 90% of people deals with it within 2-3 months, 10% needs help and has lasting stress symptoms

### **3. Work stress**

Tension because of circumstances related to work like work pressure, dangerous work, mentally demanding work, noise, work shifts, too little salary, sexual harassment, bad working atmosphere, cooperation problems

### **4. Transition stress**

Stress caused by major life changes

## **Exercise**

*Which types of stress do you have in your life? Which one the most? And then? And then? Draw a stress pie (circle) with % portions of the different types of stress in your life here below.*

## List with stress/burnout indicators:

### *Mental signs*

- not having an overview
- not able to stop
- not able to see things in the right perspective
- bad memory
- not be able to find the right words
- lack of concentration
- forgetting things
- worrying
- not able to cope with pressure
- don't feel like working
- work on the automatic pilot
- no control
- not able to finish things
- not able to let go of work
- not able to think clearly
- negative thoughts
- more difficult to make decisions

### *Physical signs:*

- headache/pressure on your head
- back pain
- neck and shoulder complaints
- belly/stomach/intestinal complaints
- hyperventilation
- palpitations (heart beats)
- tiredness

- dizziness/black outs
- not able to relax
- hyperenergetic
- high blood pressure
- trembling (e.g. small muscles)
- eye problems
- weight problems
- tense
- whiplash
- low resistance
- eczema
- joint pain
- RSI complaints (repetitive strain injury)
- difficulty with endurance sports
- looking pale
- continues flu/throat pain/cold
- cystitis (bladder)
- superficial breathing
- not sleeping well

### **Changes in behaviour**

- smoke more
- drink more alcohol/coffee
- eat more/less
- complain
- being shortly
- sexual excesses
- withdrawn/absent

- insecure
- looking for distraction
- looking for more easy tasks
- making mistakes

### **Emotional changes**

- cry
- fears
- listless
- feeling depressed
- alienation from self
- somber
- emotional
- panick attacks
- irritated faster
- anger attacks
- cynism
- restless
- numb
- feeling you are not present
- mood swings

*Which signs do you recognize in yourself?*

# Sleep

Sleeping problems are often a first indicator that you have too much stress. Do you have problems in this area?

These are proven ways to improve your sleeping pattern:

- No cafein, chocolate, alcohol
- relaxing evening activities
- fixed times to go to sleep and get up
- bedroom without screens/books
- no sleep than get up do something useful that is not fun
- don't sleep long, no siesta (never longer than 30 min)
- to fall in sleep count back from 1000 in steps of 7, recall nice memories of a holiday (tire your brain)
- relaxation exercises
- worrying - note them down and promise yourself to have a look at it later
- wake up early, worry about things that need to happen, get up and do them

# Energy balance

Write the things that give or cost you energy here:

This gives me energy	This costs me energy

*How is the balance?*

*What do you need to do more and what less to be filled with energy again?*

*With what do you need help? Who can help you with this?*



There are all kind of ways to work on self-care. Go shopping and find idea's here.

The idea's listed here are collected from literature and from other people. You will find some principles but also some practical idea's to find new energy. There are empty cards so that you can add your golden idea to inspire others!

*How can you better take care of yourself?*

List your 3 favourite tips here:

1.

2.

3.

