

# Dealing with Work Pressure

*A one-day, science based workshop that makes your life easier*

An increasing number of scientists and university teachers in The Netherlands report negative effects of workload and pressure. Scientific studies show that an even larger group of scientists suffer symptoms without being aware of the relationship with stress. In this one-day workshop, we offer a range of various evidence-based techniques to fight either the causes or the symptoms of stress. This practical, no-nonsense workshop aims to be your first step to more focus, concentration and relaxation.

First we will discuss your tasks and activities and the pull-and-push forces in your environment. We analyze the causes of stress and perceived pressure. We investigate assumptions, and share alternative solutions. The main part of the workshop is about coping strategies: how can you deal with the mental and physical strain? The increased work load and pressure on scientists leads to often reported effects such as: 'I have difficulty to stop thinking about work, I have worrying thoughts a lot, I have trouble sleeping, I can't concentrate, I regularly feel tired, I feel like I'm about to explode sometimes, sometimes I feel I am not present in my private life'. These experiences may coincide with a variety of physical signals that are not always recognized as stress-related. Under stress, people may feel tired, jumpy or grumpy, have headaches, stomach aches or intestinal problems, sweating, skin conditions, loss of concentration, forgetfulness. Being aware of such thoughts, feelings and symptoms helps you to make timely decisions. Also, there are many science-based techniques available to relieve such symptoms. In exercises and a coaching carousel we showcase various techniques to focus, relax, and maintain your energy levels. We offer a fruitful discussion about the cognitive assumptions you make (RET). We briefly practice physical relaxation techniques, mindfulness, concentration exercises and techniques that will help you stop worrying and sleep well. Since we cover a wide range of subjects, the main aim of the course day is to help you make the next step to improvement yourself. The workshop will give you practical tips, take-home exercises, and references. Using your intake forms, we will fine-tune the program to your wishes and needs.

## **About ElroyCOM Training**

Senior ElroyCOM trainers Paulien Weikamp and Bas Jansen are scientists with a background in psychology. ElroyCOM Training was founded in 2005 by Dr. E. Cocheret de la Morinière, and consists of more than 20 excellent and international trainers and training actors. For more information please refer to [www.elroycom.nl](http://www.elroycom.nl).

## Program Dealing with Work Pressure

10.00 – 10.30	Making acquaintance and sharing experiences
10.30 – 11.30	Interactive introduction: the science behind chronic stress: effects and solutions
11.30 – 11.45	Coffee / tea break
11.45 – 12.15	Causes and their possible solutions
12.15 – 13:00	Coping with thinking
13.00 – 14.00	Lunch (provided by ElroyCOM)
14.00 – 14.30	Energy leaks and sources: what gives you energy?
14.30 – 15.30	Coping with emotions: mindfulness techniques
15.30 – 15.45	Break: refreshing drinks
15.45 – 16.00	Dealing with worrying: active mind wandering
16:00 – 16.30	Exercise: the miracle and the obstacle
16.30 – 16.45	Personal Action Plan
16.45 – 17.00	Plenary evaluation