

Dealing with work pressure

A practical, science-based workshop, that makes your life easier.

An increasing number of university employees in The Netherlands report negative effects of workload and work pressure. In this workshop, we offer various evidence-based techniques to help you strengthen your mental resilience and coping strategies. This practical, no-nonsense course day aims to be your first step to more focus, concentration and relaxation!

High work pressure may lead to often reported effects such as: 'I have difficulty to stop thinking about work because my brain is so excited!'; 'I have worrying thoughts a lot'; 'I have trouble sleeping'; 'I can not concentrate well'; 'I regularly feel tired'; 'I feel like I'm about to explode sometimes'; or '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. Or they have headaches, stomach aches or intestinal problems, sweating, skin conditions, loss of concentration, forgetfulness. Some people simply feel tension in their body. 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.

We will inform you about the science behind stress and mindset, and invite you to share the causes and effects of your work pressure and stress. In exercises and a peer group coaching carousel we practice various techniques to focus, relax, and maintain your energy levels. We offer a fruitful discussion about the cognitive assumptions you make (RET). We also practice physical relaxation techniques, mindfulness, concentration exercises, active mind wandering and other science-based techniques that will help you to stop feeling stressed, relax and sleep well.

The workshop will give you practical tips, take-home exercises, and references to other courses at your university as well as to books, websites and tests. Using your intake forms, we will fine-tune the program to your wishes and needs.

About ElroyCOM Training

Senior trainers Paulien Weikamp and Bas Jansen are practical psychologists. ElroyCOM Training is recognized by the CRKBO as an official educational institute for scientists. It consists of more than 20 excellent and international trainers and training actors. For more information please refer to www.elroycom.nl.