

## 'Dealing effectively with stress' training

Are you experiencing stress and is it having a negative influence on your life? During the 1 day "Dealing effectively with stress" training you learn how you can deal with stress more effectively. You learn how to recognise and prevent it.

### Who is the training aimed at?

The training has been specially developed for people who answer (almost all of) the following questions with a 'yes':

- » Do you want to avoid having a burn-out?
- » Do you want to carry on sleeping until the alarm goes off?
- » Do you want to have fewer physical problems caused by stress? (for example headaches, tension in the shoulders, stomach problems, crying fits)?
- » Do you want to stop thinking and churning things over in your mind?
- » Do you have a short fuse or are you more irritable?
- » Are you constantly tired and don't feel like doing anything at all?
- » Do you have the feeling that you are running away from and/or avoiding situations/people?
- » Do you find things you always liked doing are suddenly no longer enjoyable?
- » Are you drowning in your e-mails and/or are no longer able to get your work done?
- » Do you have difficulty in saying no and are you looking after everyone except yourself ?
- » Do you want to learn to deal with the hectic world more effectively?
- » Does your flexible open-plan office drive you mad?

From a global approach, we look at your personal life, your work and your physical condition and we provide tools to prevent and recognise stress and to be able to take action.

The programme is run with a maximum of 16 participants, which enables us to discuss, reflect and practice a lot. The fellow participants offer recognition and together form a mirror for one another. People reflect better on their own behaviour by seeing examples from others.

**You are very welcome to participate on your own. Colleagues or partners/friends are also more than welcome, so that you go through the programme together and are able to help each other when you return to your 'normal' life.**

### The main themes of the programme

- » Stress: what is it and what is it for you?
- » In what way does stress restrict you in the life that you would like to lead, and what goals are you setting yourself?
- » How can you recognise your own physical signs of stress and acknowledge that something has to change?
- » What are your sources of stress? Work, personal life, and your own mindset.
- » Learning to recognise sources of stress in the moment and consciously acting on them.
- » Which choices are you going to make? For example, learning to say 'no', taking better care of yourself.
- » De-stressing : what forms of release do you need?
- » If you have come with a colleague, friend or partner: how can you help each other?

### Interested?

#### The training takes place in 1 day

The costs are 600 SFR p.p. excl. VAT

These costs include:

- » lunch
- » snacks/drinks during the training day and with your lunch
- » training material

#### For more information or to register for the programme

Guus Oosterop: [guus@triplewin.nl](mailto:guus@triplewin.nl)

"Orthomolecular treatment does not lend itself to rapid drug-like control of symptoms, but patients get well to a degree not seen by tranquilizer therapists who believe orthomolecular therapists are prone to exaggeration. Those who've seen the results are astonished."

---Abram Hoffer, M.D., Ph.D