



Workshop ‘How to tackle stress at the workplace’

An interactive workshop for PhD students on how to handle stress at the workplace.

In this workshop, intern Koen Schouten (MSc. Organizational Psychology) will focus with you on:

- Your personal experiences with work stress
- Delving deeper into the exact meaning of work stress
- 13 tips and tricks to tackle your stress at work (scientifically based)

* This workshop was developed in consultation with PhD psychologist Paula Meesters

How to experience joy and pleasure in your work again?

What if you notice that you come home exhausted every day, you have no more energy left for fun activities or, no longer enjoy your work? You may then ask yourself whether you can do something about this. My answer to this would be “yes definitely!”. The scientific literature offers plenty of well-founded advice that I would like to share with you. Applying these tips is sometimes easy, sometimes difficult. But they offer hopeful prospects for more peace and pleasure in your (work) life.

Practical information:

- The workshop will be held on: **Wednesday September 29** from **12:00 – 13:00**
- Location: room **Ruppert B** in the **Ruppert building, Leuvenlaan 21.**
- The workshop will take place physically and will also be broadcasted online
- During the workshop there will be opportunity for interaction and personal experiences
- You can register by sending an email to: k.j.schouten@uu.nl

Prior to the workshop:

In order for the workshop to run as smoothly as possible, you are asked to think in advance about:

- Are there certain situations in your work about which you experience stress frequently? If so, which one.
- Have you frequently experienced symptoms of work stress recent months? If so, which one?

Koen is happy to receive any comments or questions via his email address: k.j.schouten@uu.nl

See you then!