





GOED IN JE VEL, STERK OP JE WERK

DECONNECTIE - FOCUS - STRESSBEHEER

Vanaf 1 oktober: 10 dagen - 10 leeractiviteiten



Provincie
Antwerpen

WELKOM >>

**HOW'S
WORK?**

A thick, red, diagonal brushstroke underline that starts under the 'W' of 'WORK' and extends towards the right, ending under the 'K'.



**GOED IN JE VEL,
STERK OP JE WERK**

DECONNECTIE - FOCUS - STRESSBEHEER

Vanaf 1 oktober: 10 dagen - 10 leeractiviteiten



Deconnecteren KAN JE LEREN

VOOR WE ERAAN BEGINNEN...



JOUW
deconnectie
TIP

JOUW
deconnectie
TIP



Provincie
Antwerpen

NO SIGNAL

NO SIGNAL

NO SIGNAL

HYPERCONNECTIVITEIT

NO SIGNAL

NO SIGNAL

NO SIGNAL

SAMSUNG

Waarom DECONNECTEREN?

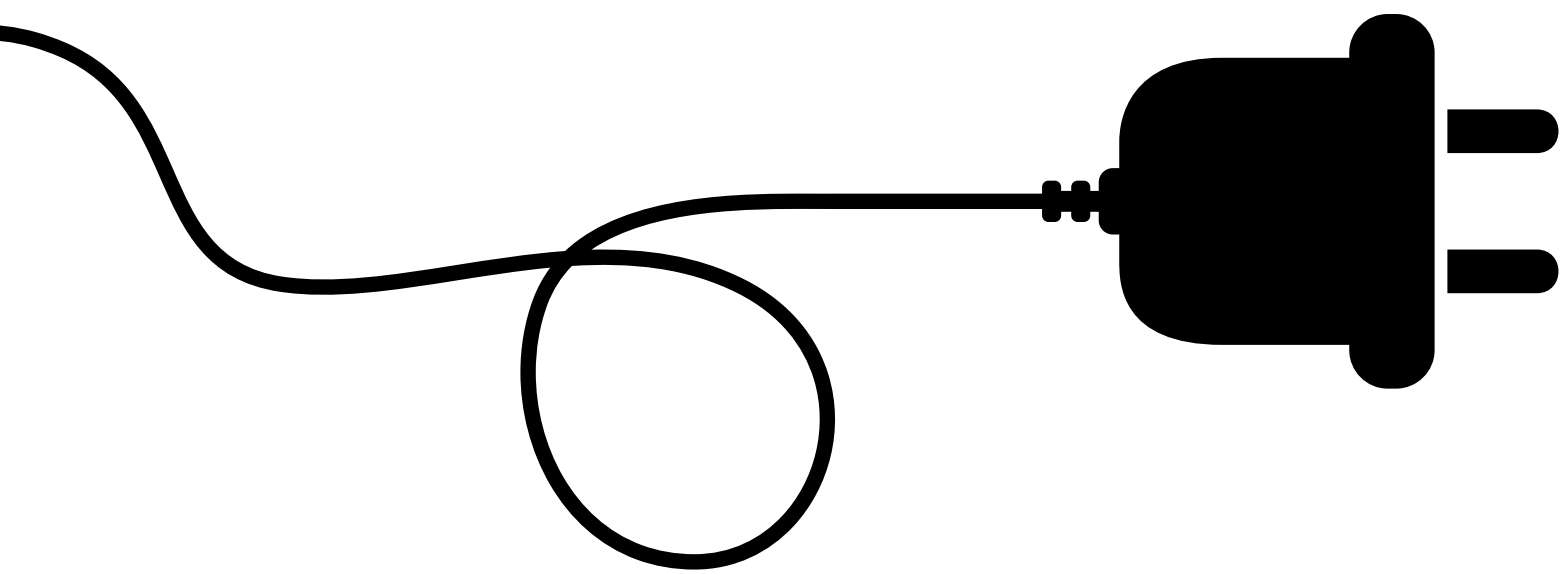
Over Forrest Gump

Hoe PAKKEN WE DAT AAN?

Over 'Deconnectie-stijlen'

Wat DOEN WE CONCREET?

Over Detox, Zebra's & Schapen





Provincie
Antwerpen

DE *kink* IN DE KABEL



Run FORREST *Run*





HERSEN *golven*



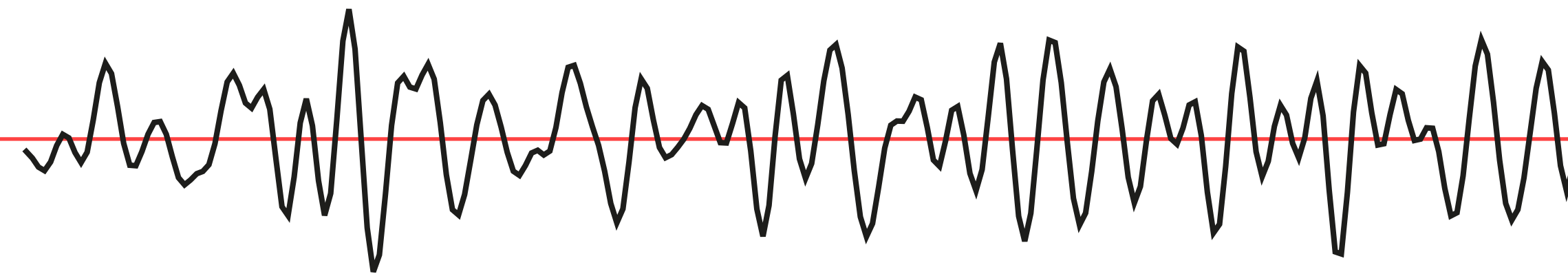
Provincie
Antwerpen

GAMMA >>



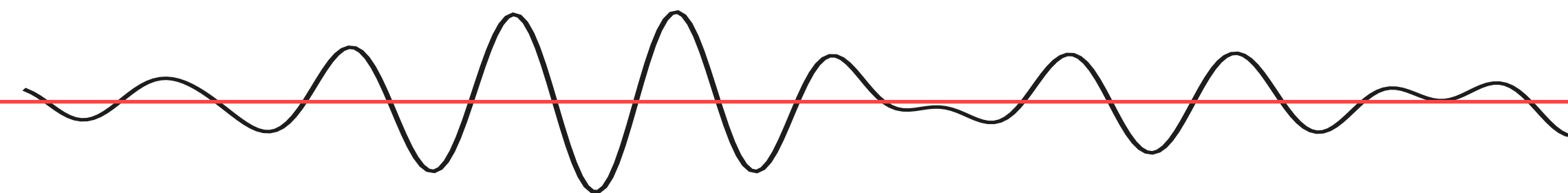
FOCUS

BETA >>



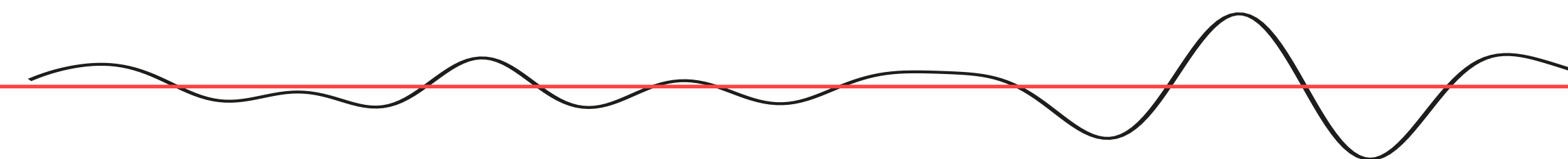
WAAKZAAM

ALPHA >>



REFLECTIE

THETA >>



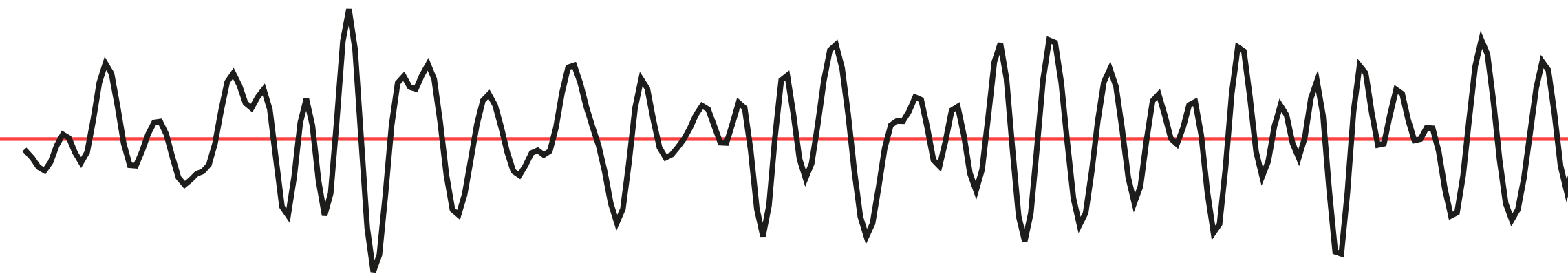
RELAXATIE

GAMMA >>



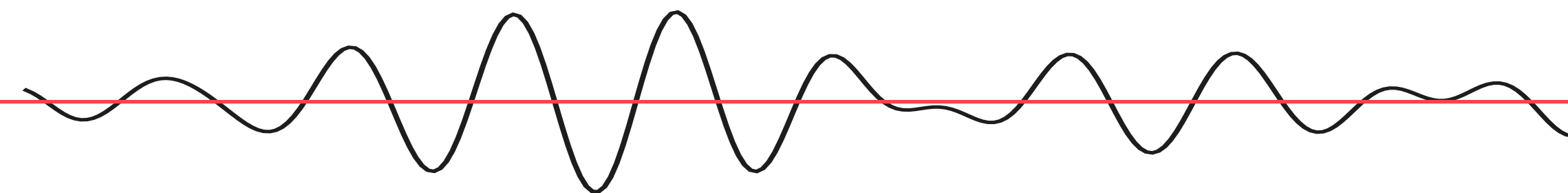
ELKE SECONDE

BETA >>



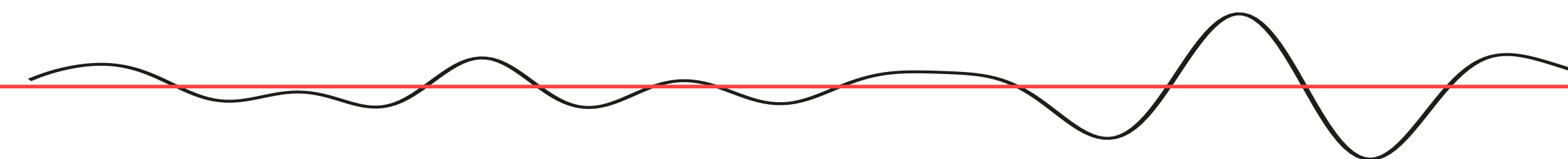
ELKE 2 SECONDEN

ALPHA >>



ELKE 10 SECONDEN

THETA >>



ELKE 20 SECONDEN

60

WAT IS DE
LINK MET
DECONNECTIE?

HERSEN
golven



Provincie
Antwerpen



46%

VAN DE VLAMINGEN MAAKT
WEKELIJKS OVERUREN

PROTIME, 2021



Provincie
Antwerpen



64%

VAN DE BELGEN HEEFT MOEITE MET
DECONNECTEREN NA HET WERK



Provincie
Antwerpen



3u08

SPENDEERT DE GEMIDDELDE BELG
PER DAG OP DE SMARTPHONE

Waarom DECONNECTEREN?

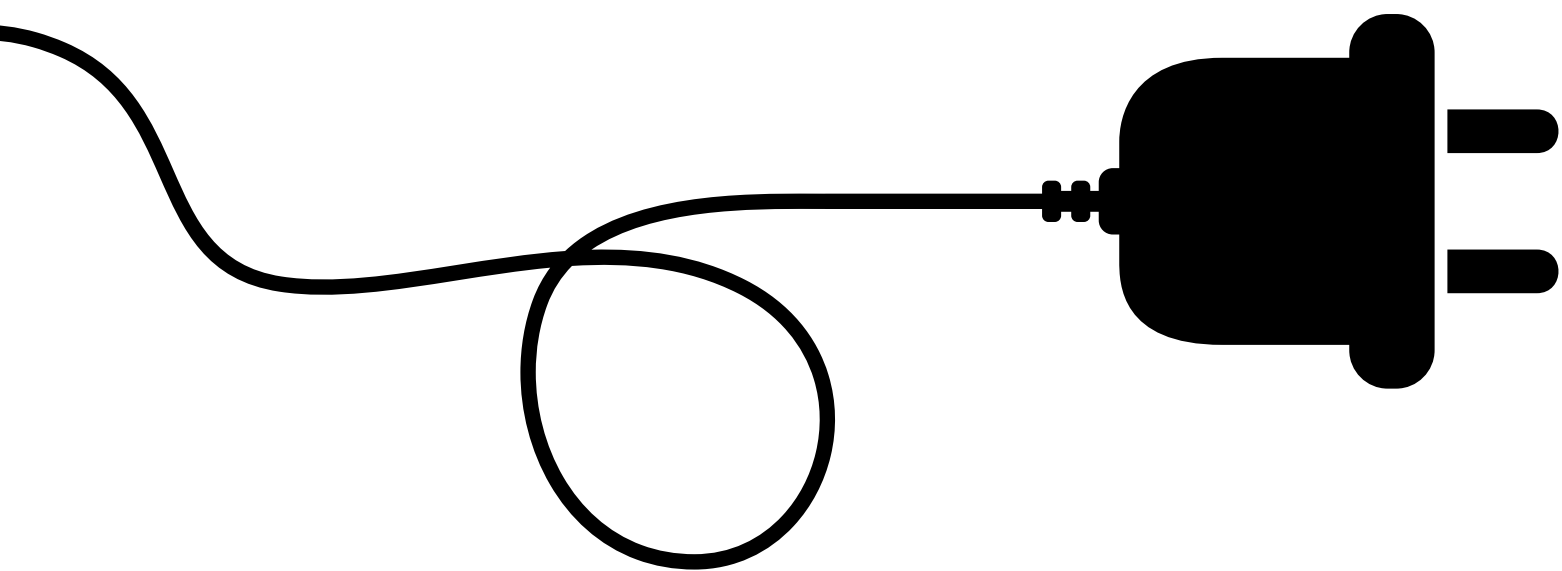
Over Forrest Gump

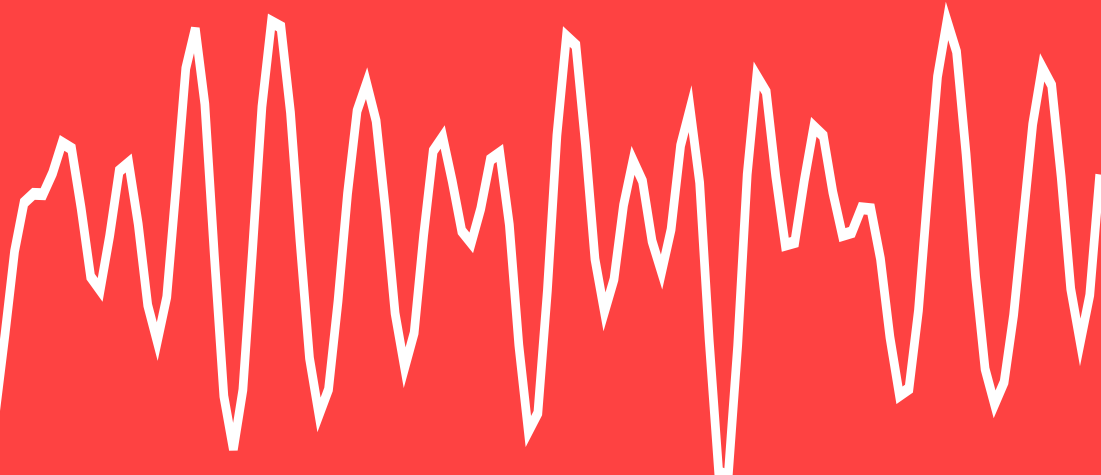
Hoe PAKKEN WE DAT AAN?

Over 'Deconnectie-stijlen'

Wat DOEN WE CONCREET?

Over Detox, Zebra's & Schapen



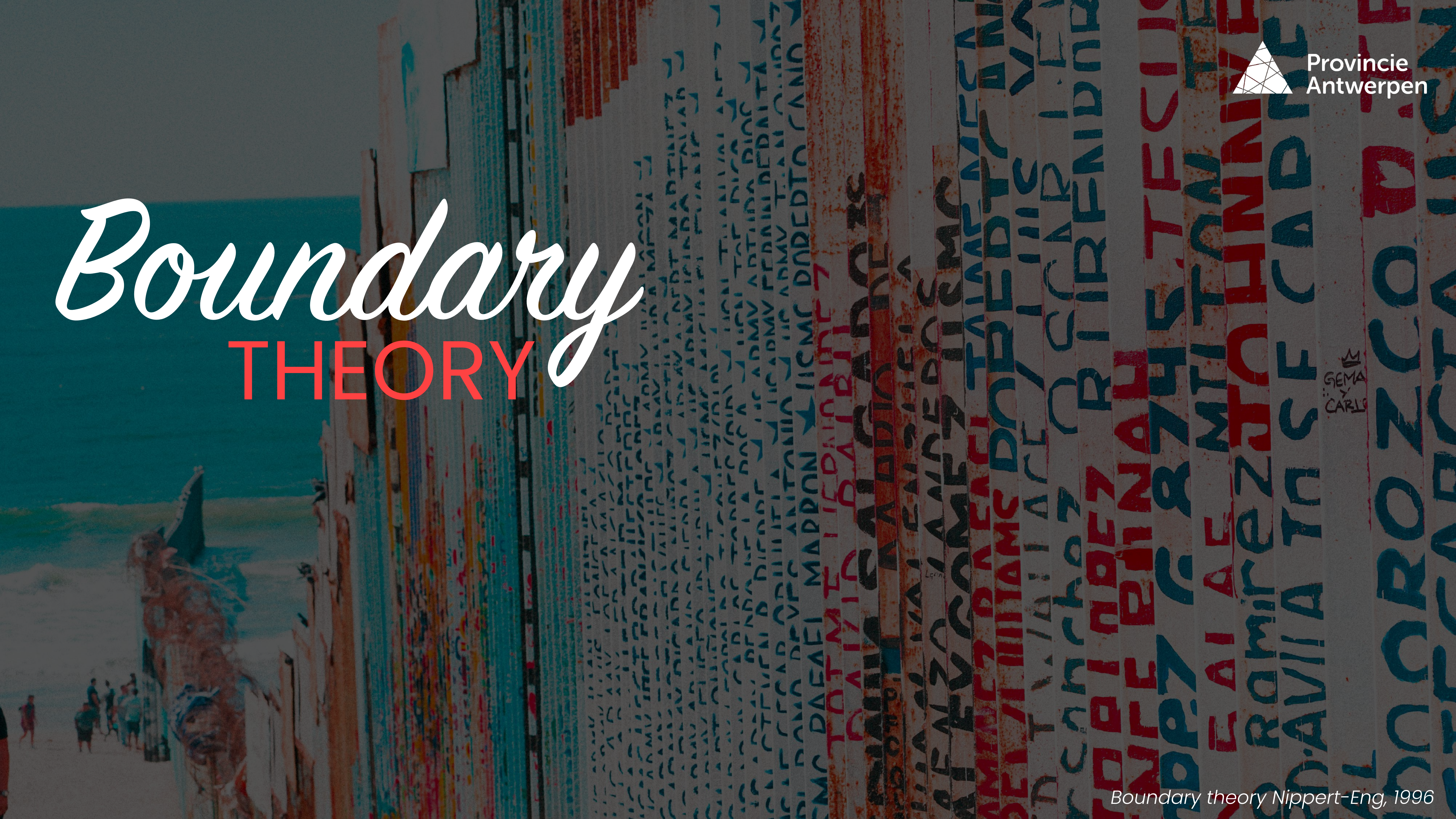


DE BESTE MANIER OM MENSEN TE
LATEN DECONNECTEREN IS DOOR DE
COMMUNICATIE NA DE UREN TE
BEPERKEN.

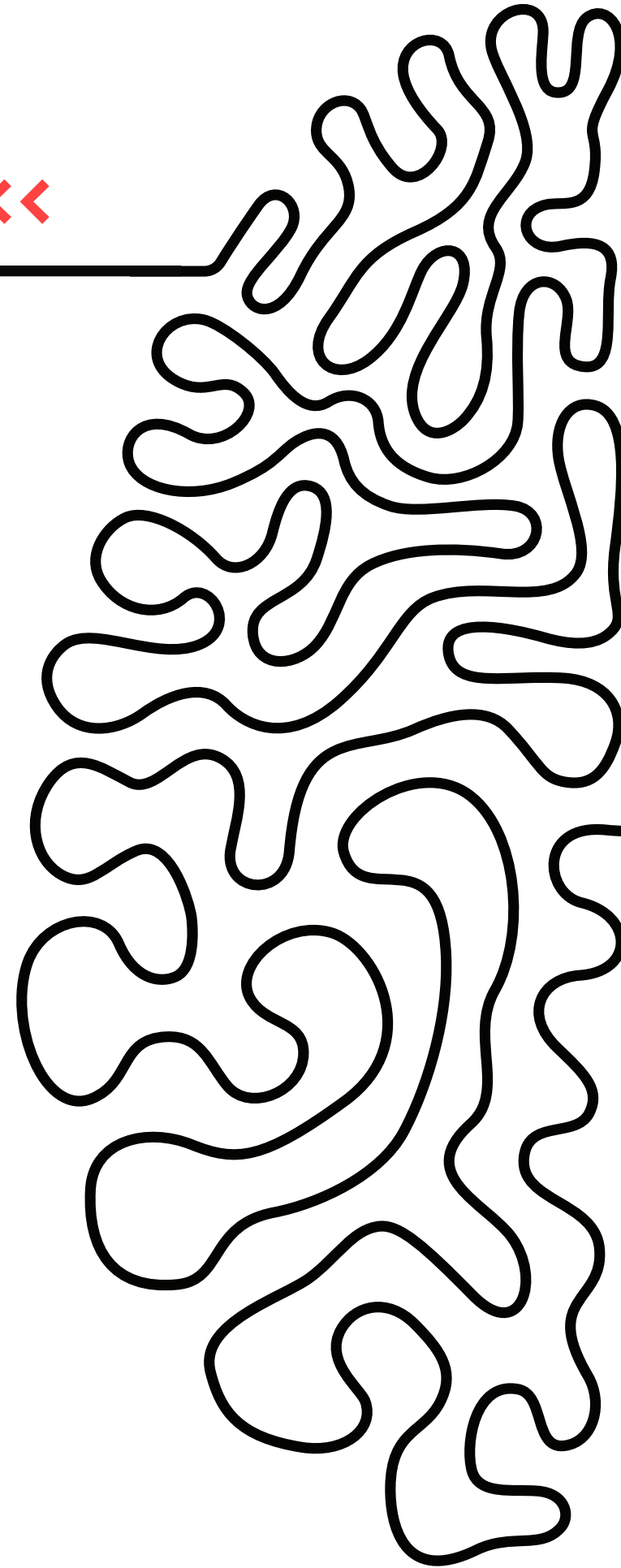


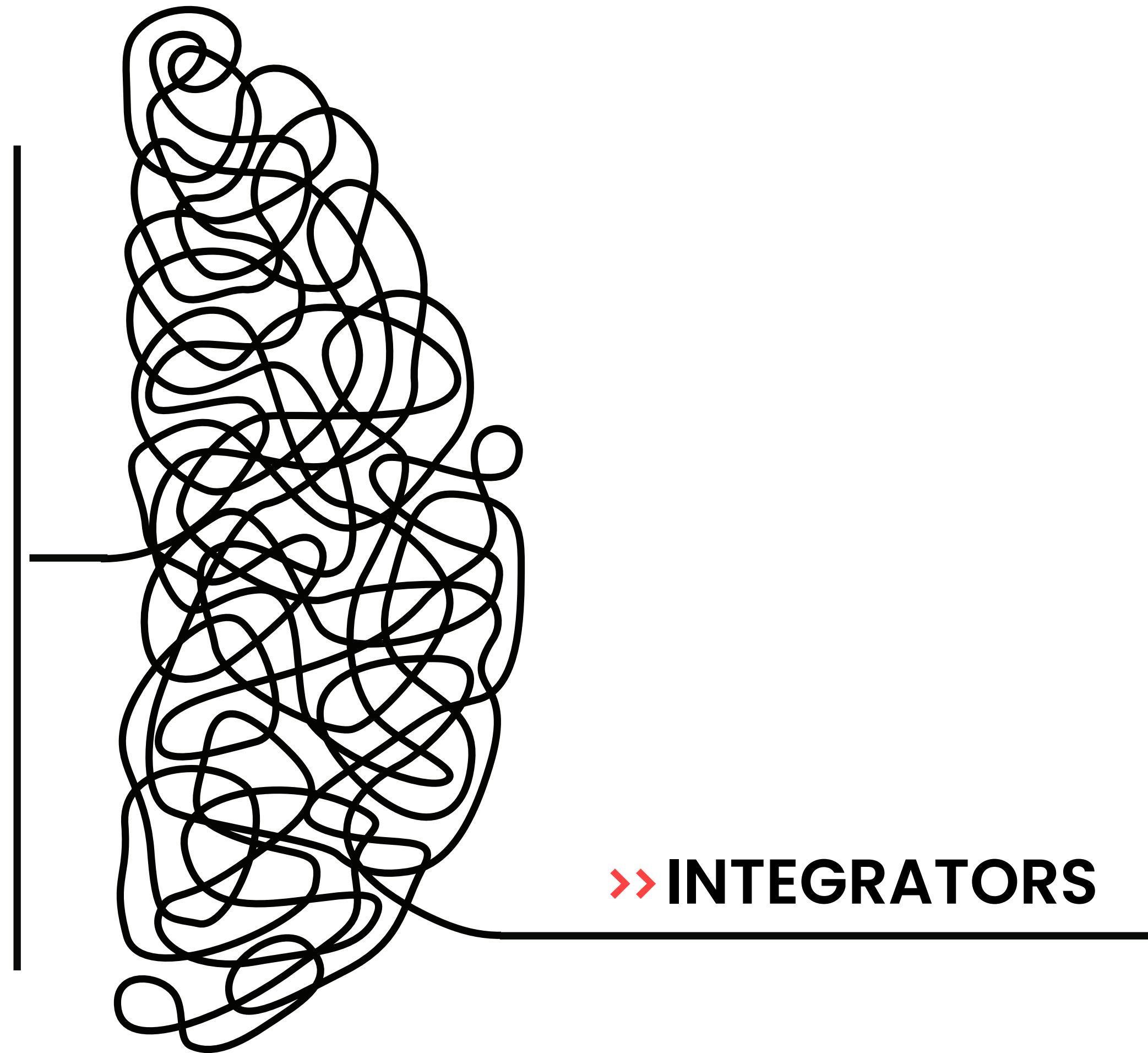
Boundary THEORY

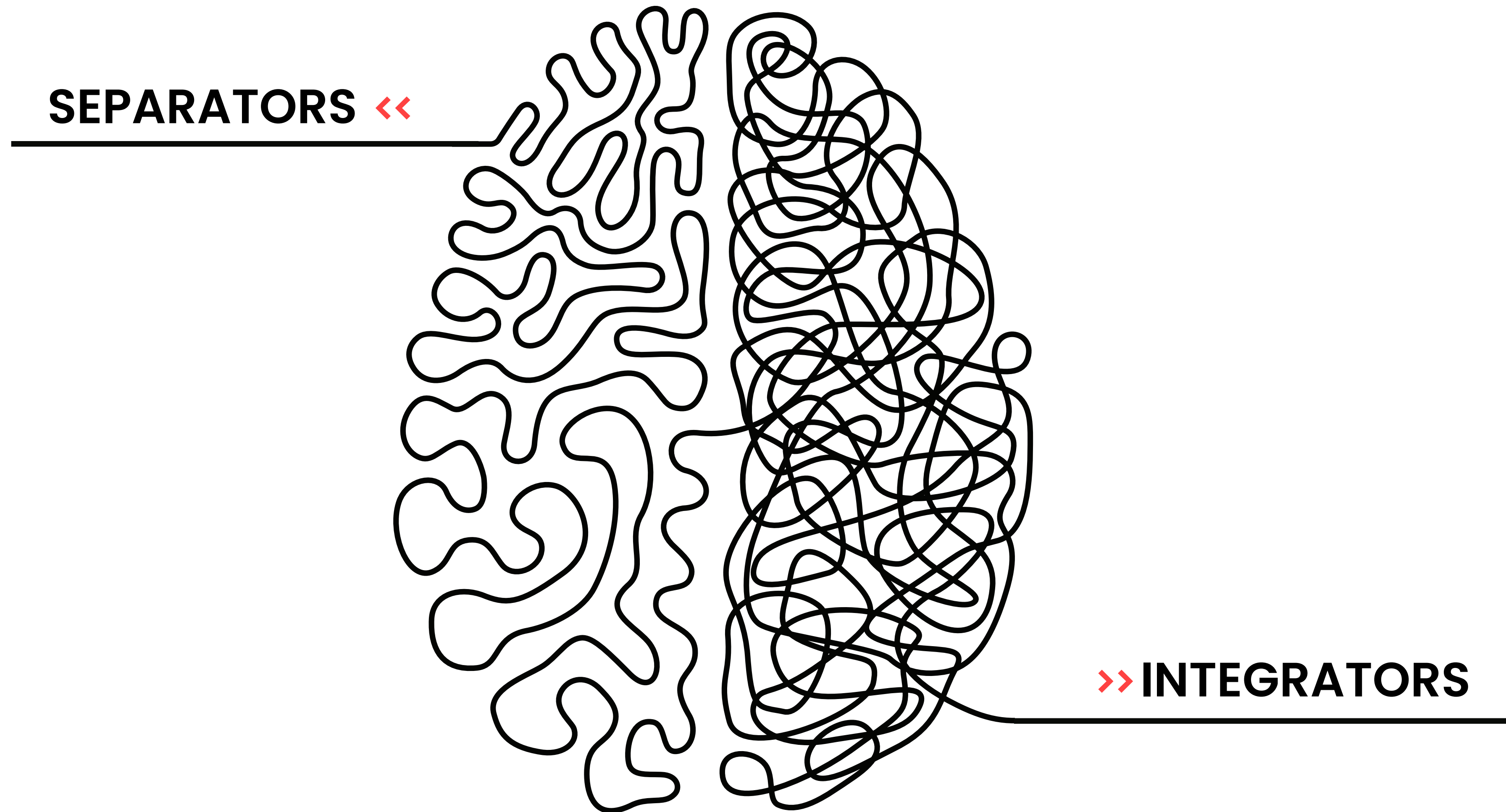
Boundary theory Nippert-Eng, 1996



SEPARATORS <<









Belang VAN DECONNECTIE STIJL





Digitale
DETOX



Provincie
Antwerpen

DE *Heilige* GRAAL

NO SIGNAL

NO SIGNAL

NO SIGNAL

NO SIGNAL

NO SIGNAL

NO SIGNAL

SAMSUNG

Waarom DECONNECTEREN?

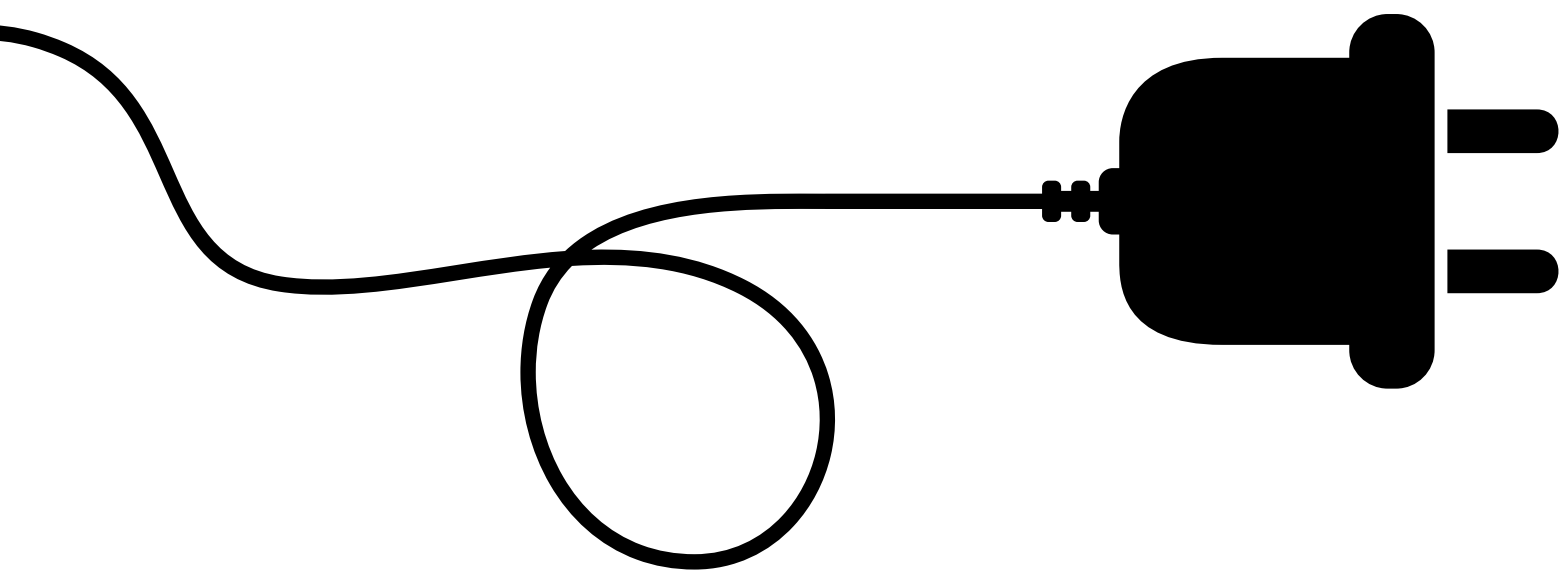
Over Forrest Gump

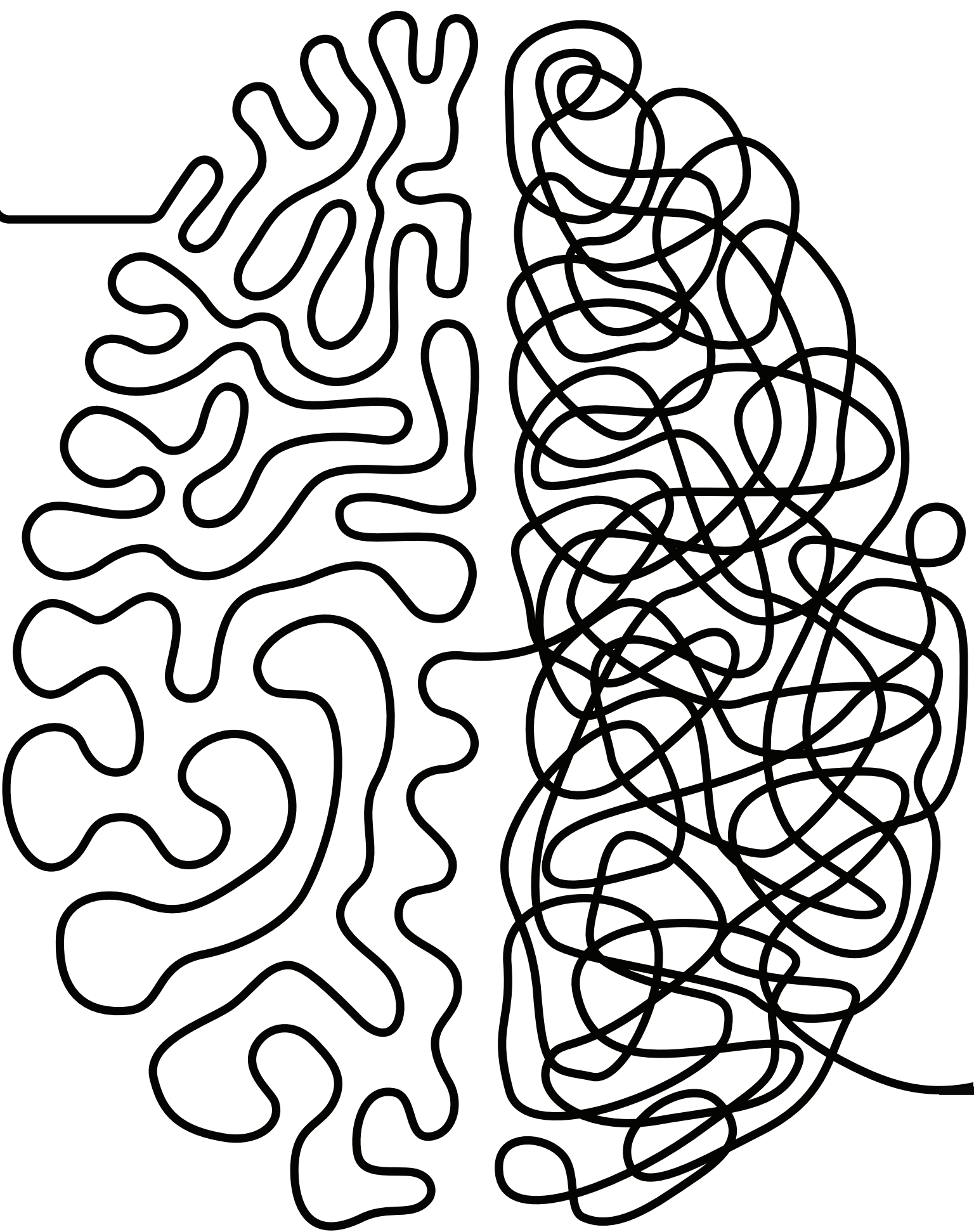
Hoe PAKKEN WE DAT AAN?

Over 'Den draad'

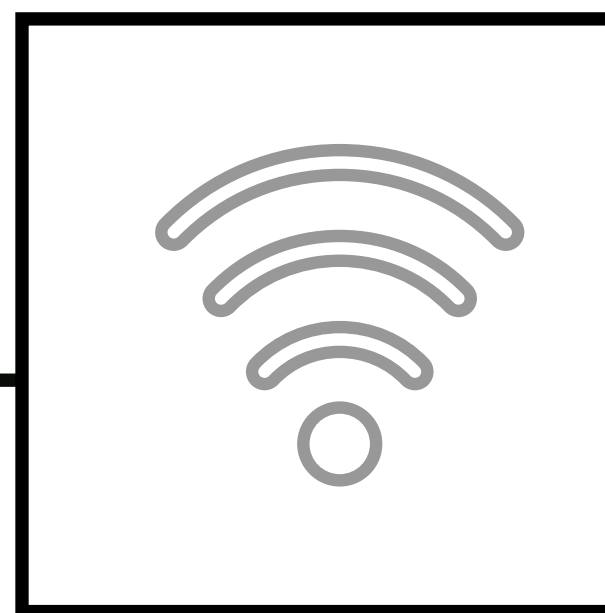
Wat DOEN WE CONCREET?

Over Detox, Zebra's & Schapen

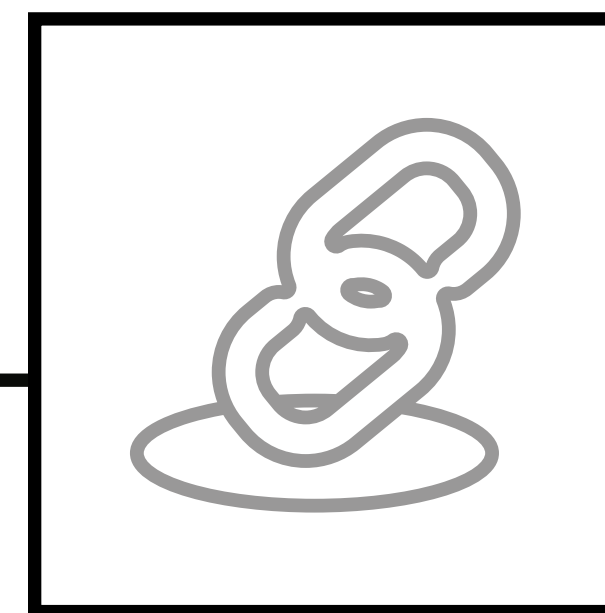




3 VORMEN VAN DECONNECTIE



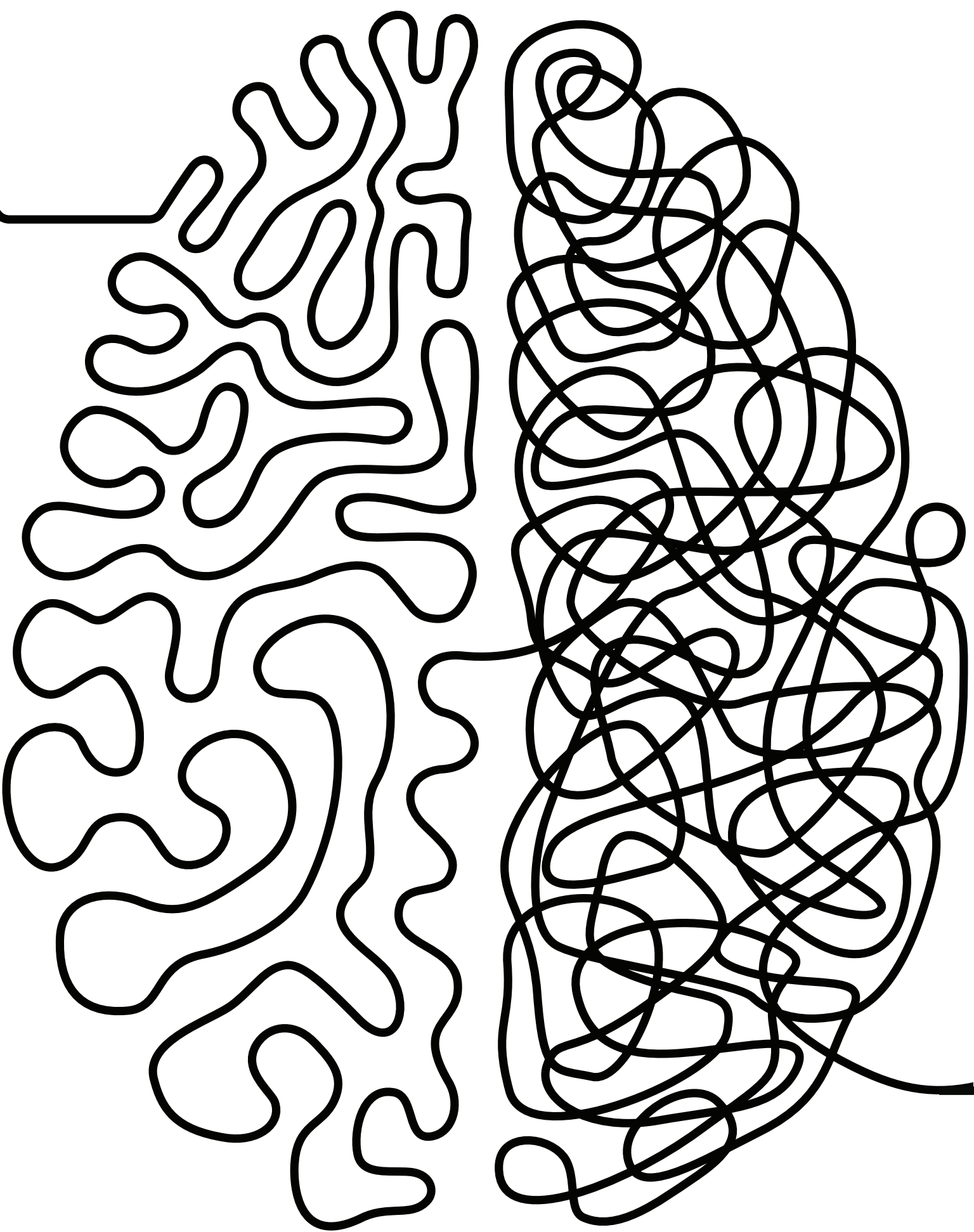
DIGITAAL



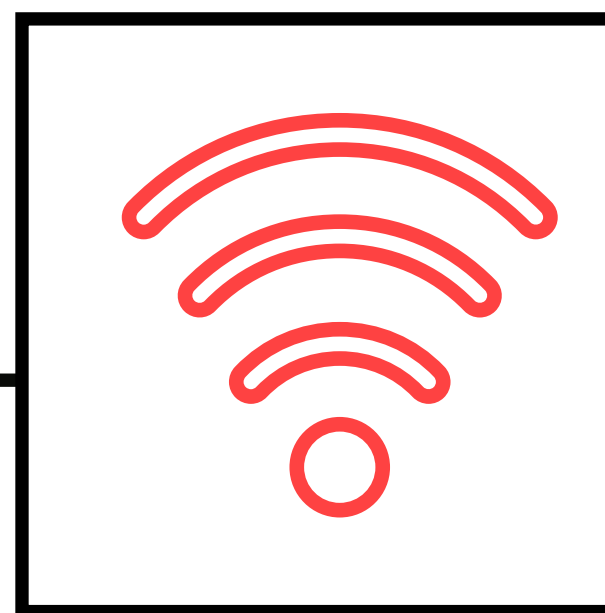
PSYCHOLOGISCH



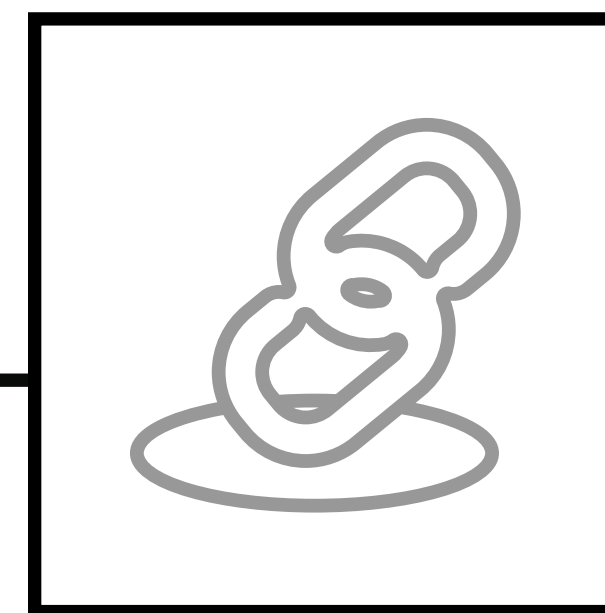
EMOTIONEEL



3 VORMEN VAN DECONNECTIE



DIGITAAL



PSYCHOLOGISCH



EMOTIONEEL



Provincie
Antwerpen

Techno STRESS



TECHNO *overload*

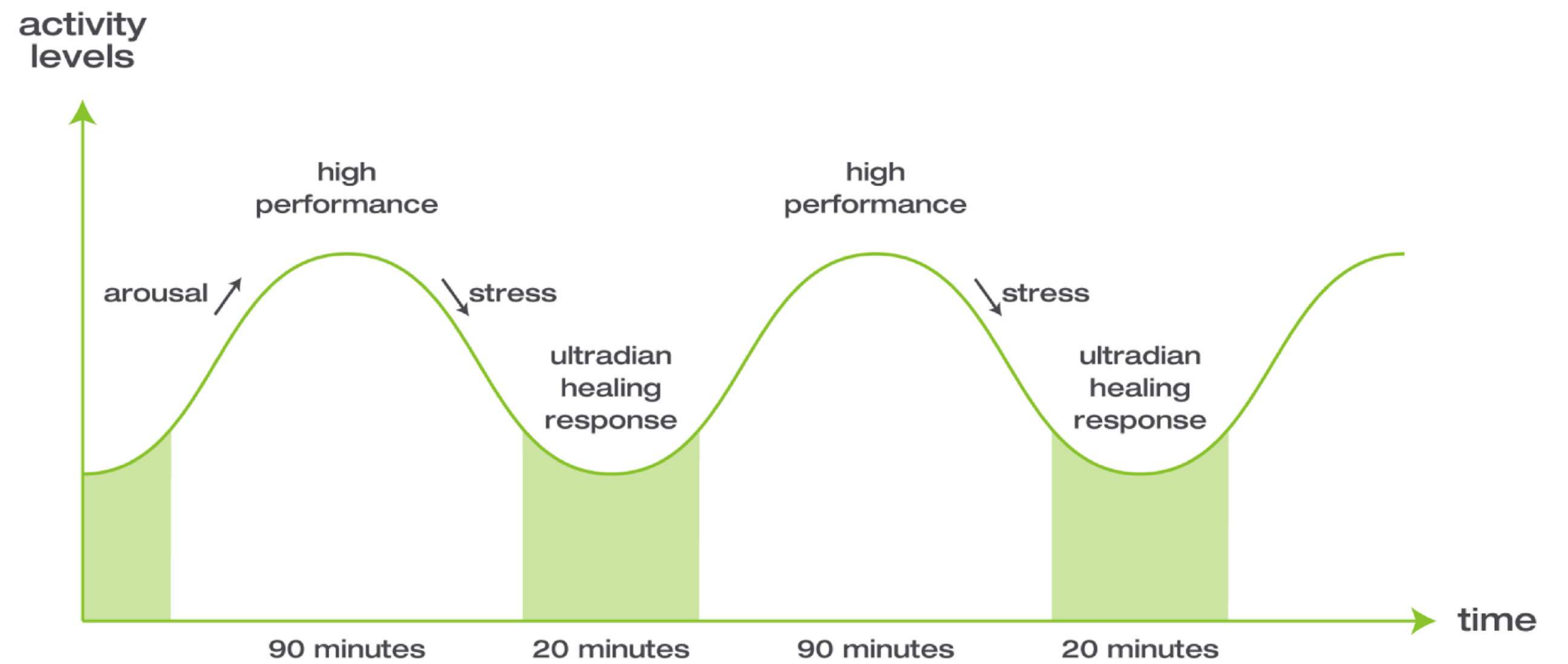


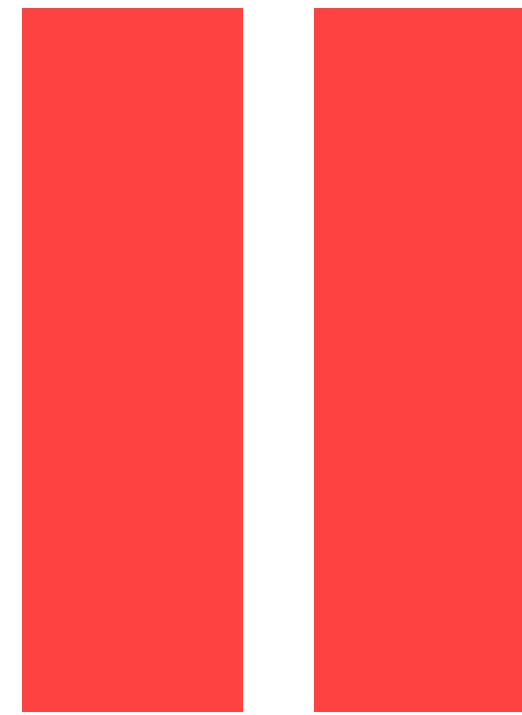


PREFRONTALE CORTEX

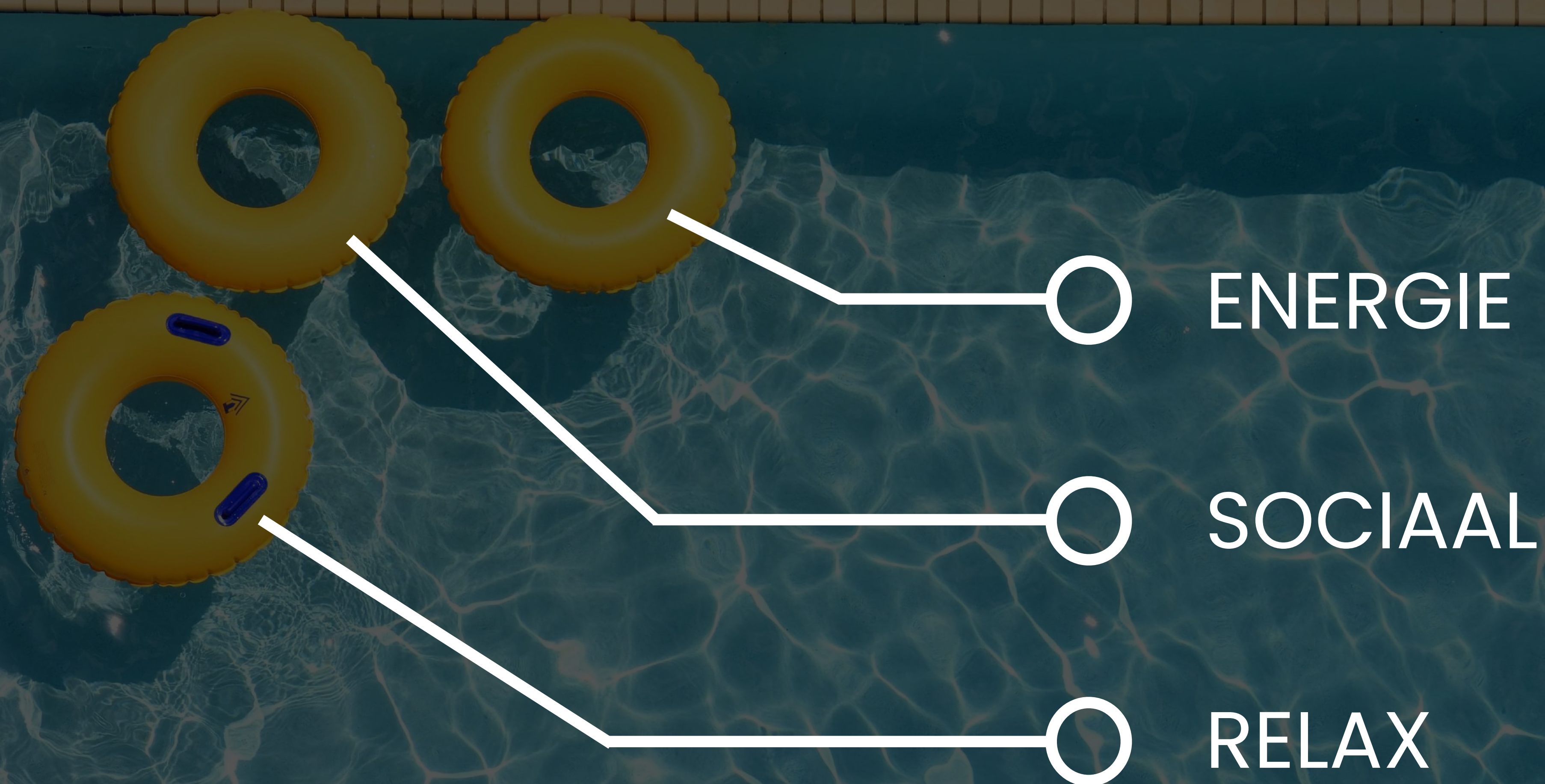


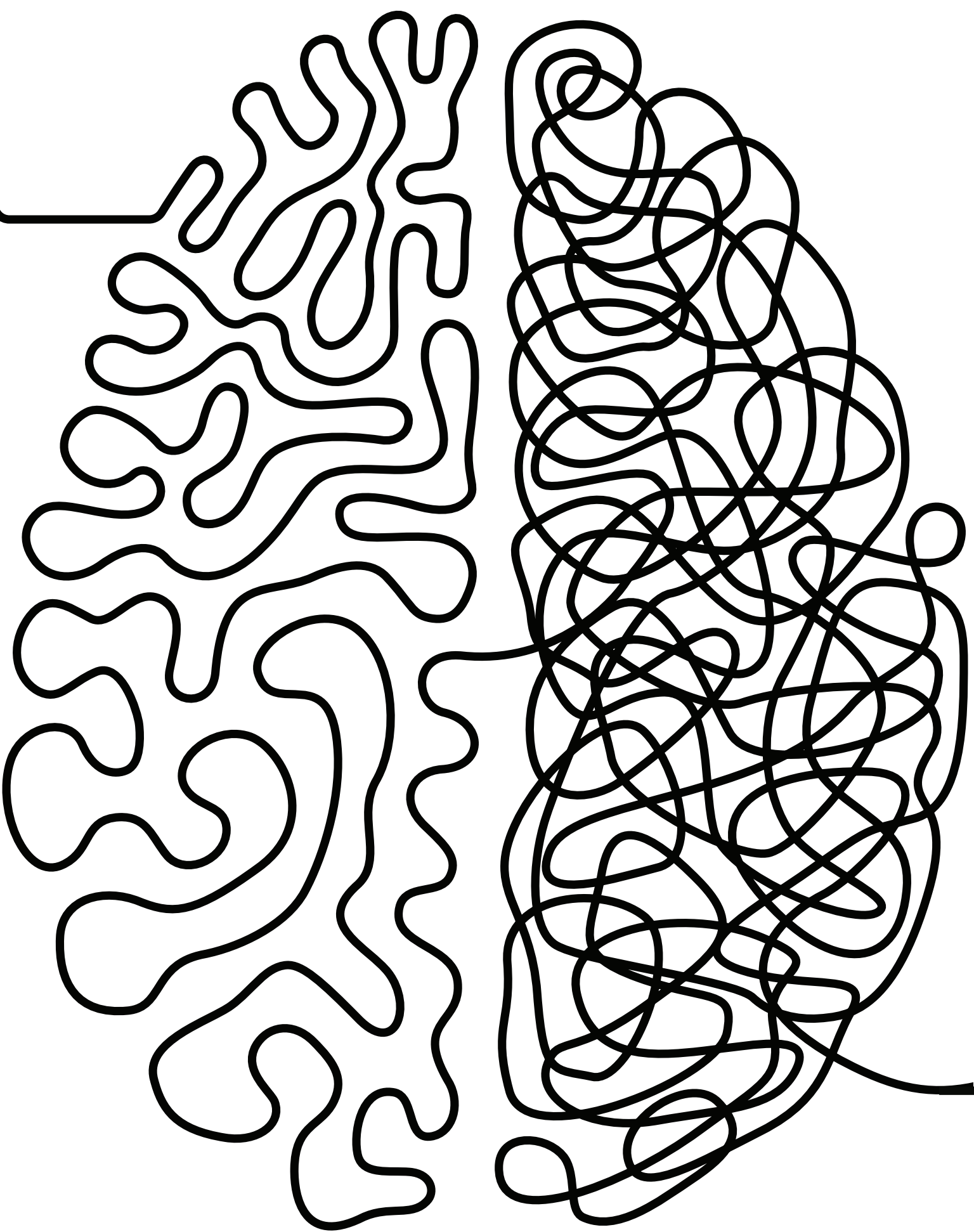
PREFRONTALE CORTEX



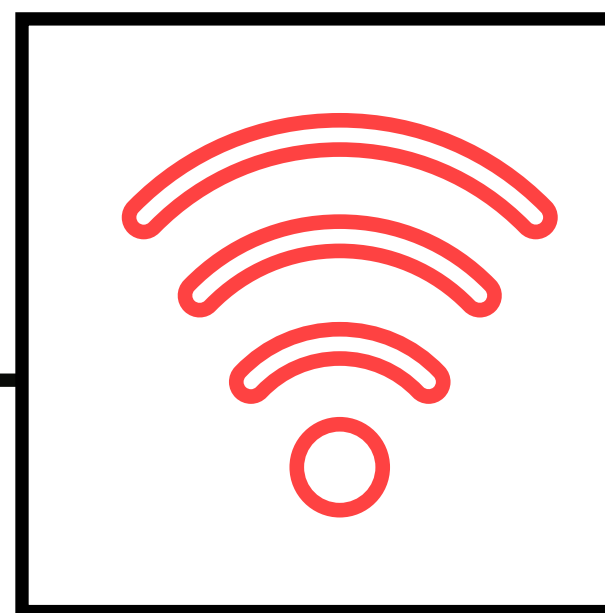


Ja... duhuh

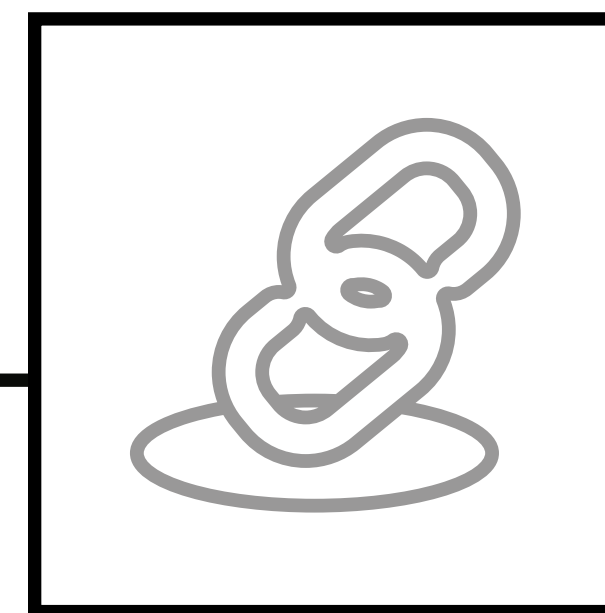




3 VORMEN VAN DECONNECTIE



DIGITAAL



PSYCHOLOGISCH



EMOTIONEEL

ZEBRA *versus* MENS



Provincie
Antwerpen

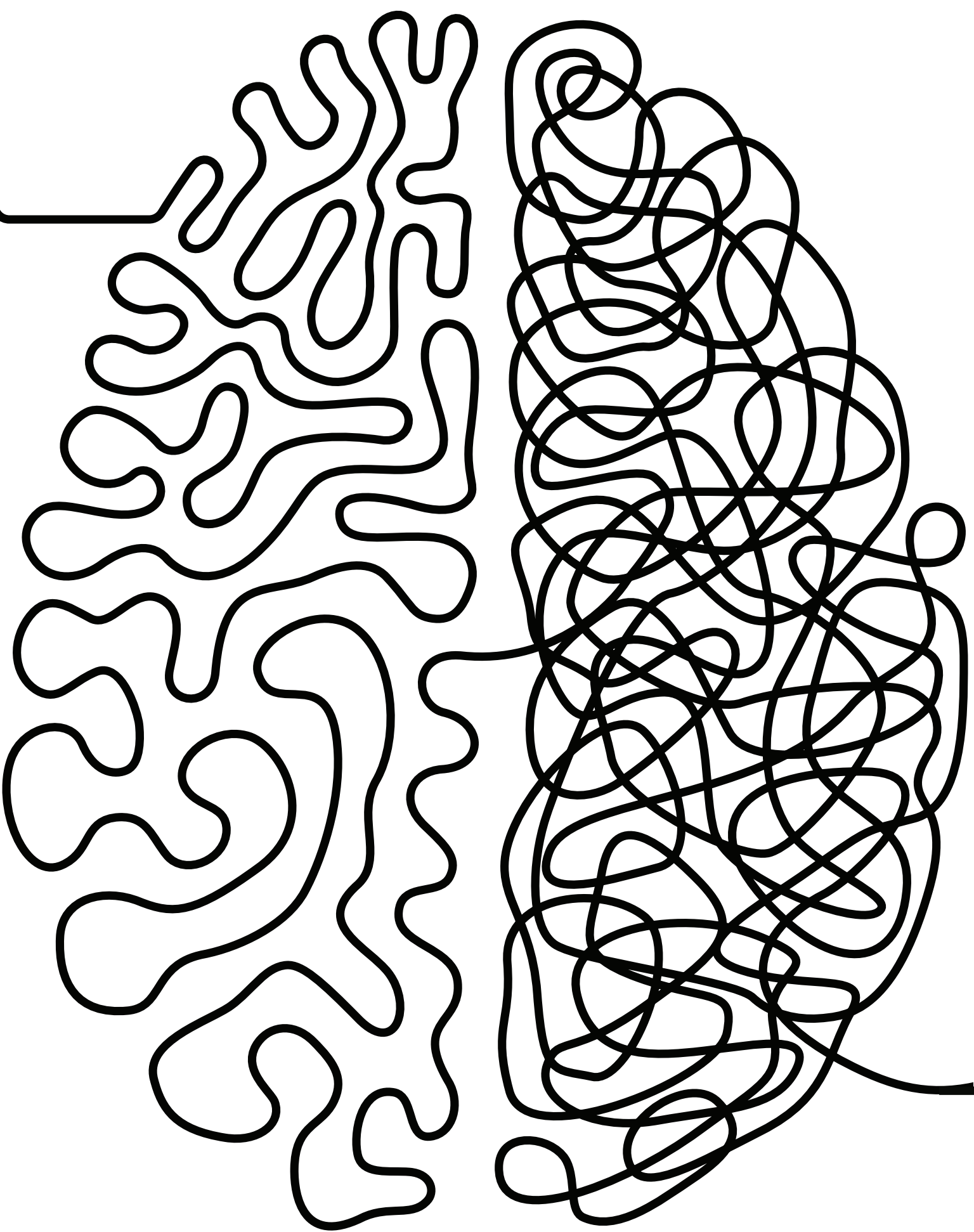


HET *voorspellende* BREIN

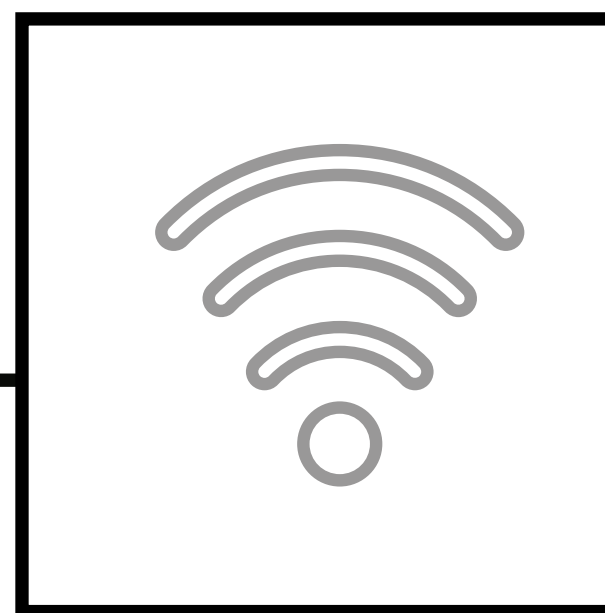


Provincie
Antwerpen

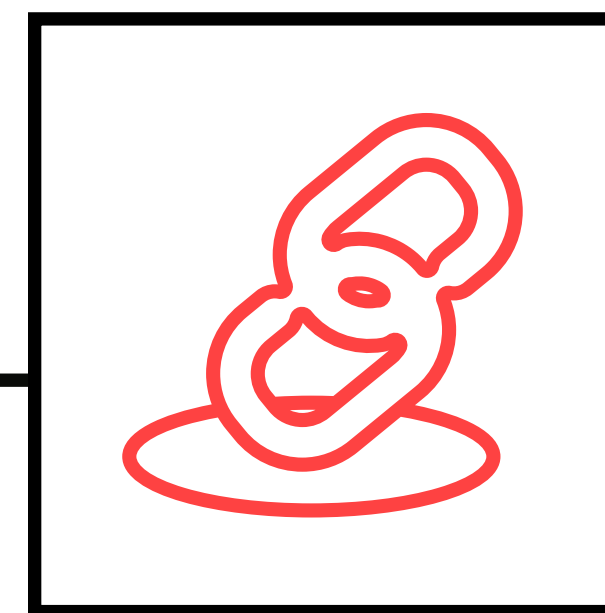




3 VORMEN VAN DECONNECTIE



DIGITAAL



PSYCHOLOGISCH



EMOTIONEEL



Provincie
Antwerpen

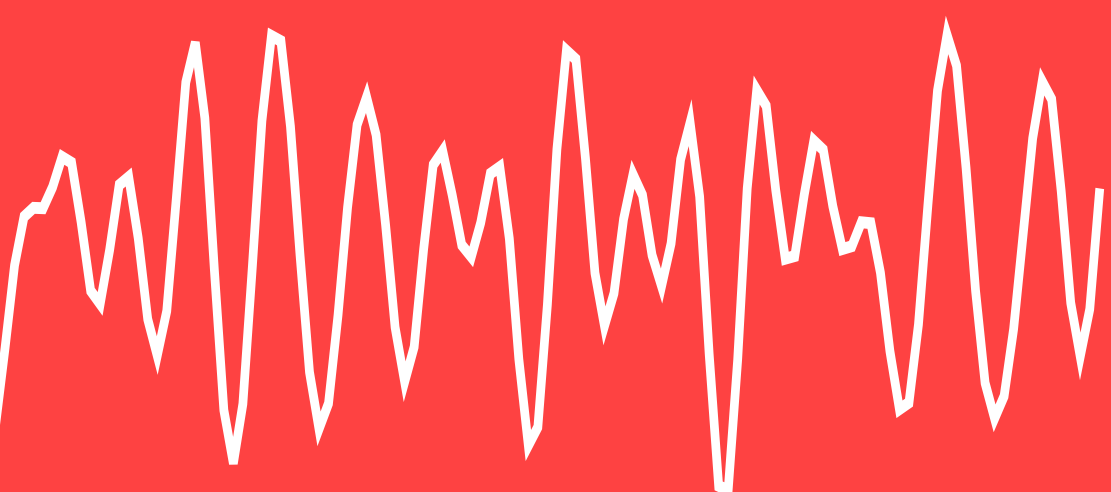


64%

VAN DE BELGEN HEEFT MOEITE MET
DECONNECTEREN NA HET WERK

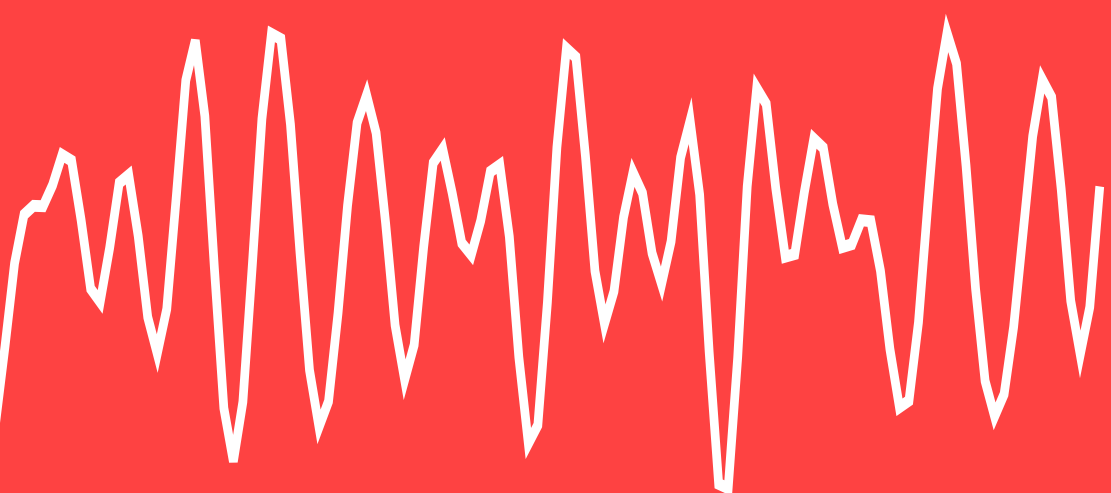
HERSTEL





HERSTEL IS ...

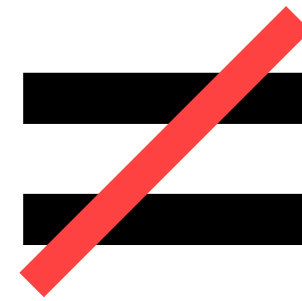




HERSTEL IS ...



HERSTEL



NON-WORK

HERSTEL

~~=~~

GEGEVEN

HERSTEL

~~=~~

VLUCHT

HERSTEL

=

EEN VAARDIGHEID

HERSTEL

=

ACTIEF

HERSTEL

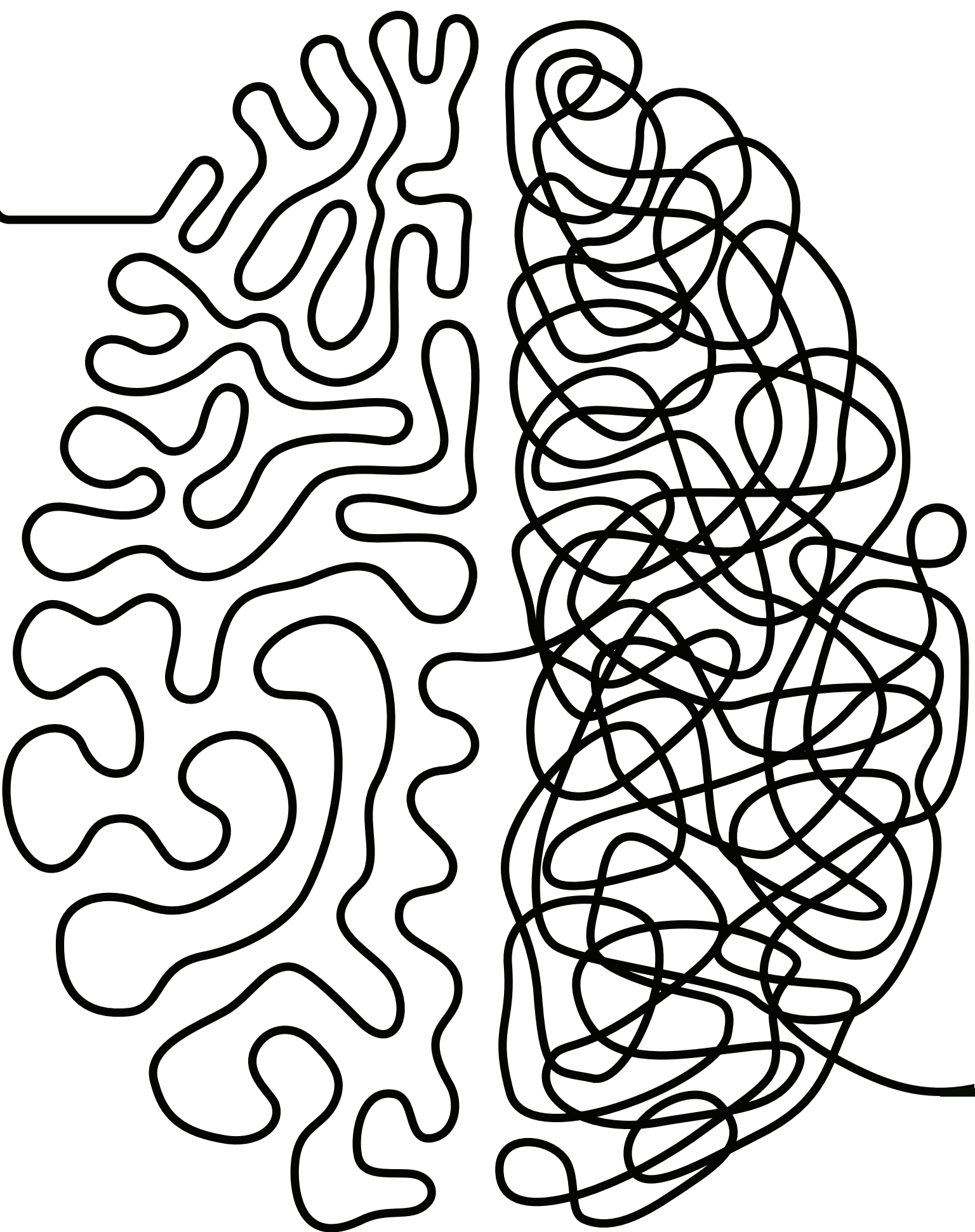
1.

RUST

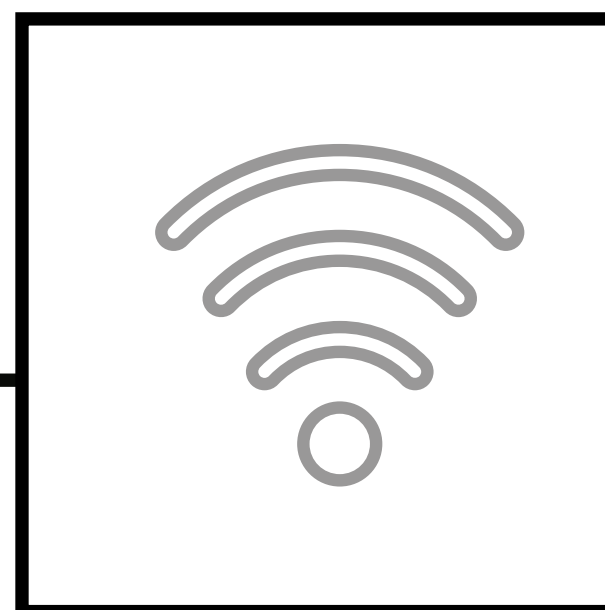
2.

ENGAGEMENT

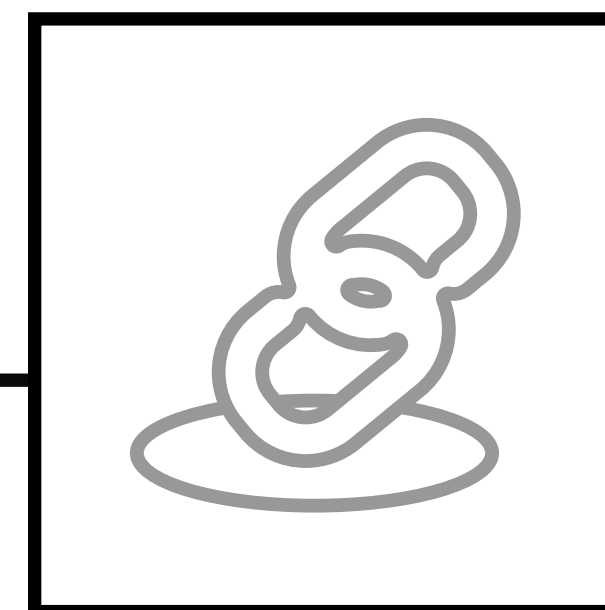
DE *brug*



3 VORMEN VAN DECONNECTIE



DIGITAAL



PSYCHOLOGISCH



EMOTIONEEL



Provincie
Antwerpen

HERKAUWEN



GIST EFFECT



Provincie
Antwerpen

?? ? ... !! !?

??

!

HERKAUWEN

STAP 1 BEN IK AAN HET HERKAUWEN?

STAP 2 WIL IK ER **NU** AANDACHT AAN GEVEN?

SPIRAAL
DOORBREKEN



Day

Week

Month

Year

Search

< Today >

W10

Mon 6

Tue 7

Wed 8

Thu 9

Fri 10

Sat 11

Sun 12

all-day

07:00

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

Huwelijk Mexico

Catherine & Rob blijven slapen

07:00
Lopen

07:00
Lopen

07:30
Sleutel weglekken

08:00
TELENET GEVEL

RECORDING!!!

08:00
Meeting Walter | Leading in a digital age FR

08:30
PREP KBC

09:00
PREP CEGEKA

09:00
PROXIMUS | Webinar hybride werken NL (THE SLEEVE)

09:00
Hybrid working : keynote Ho...

10:00
Meeting Proximus
teams.microsoft.com

10:15
PREP webinar PROXIMUS

RECORDING!!!

09:00
Ontwerp korte congres teksten 1.

09:00
Ticketswap checken voor tickets Wim Helsen

FW: Sync Kim Microsoft Teams...

11:00
PROXIMUS | Webinar hybride werken FR (THE SLEEVE)

11:00
Hybrid working : Keynote Ho...

11:00
PREP KBC

11:00
Meeting Britt - Marketing

10:30
Placeholder webinar : Emplo...

10:30
Webinar CEGEKA | Deconne ct (BO...

10:30
Teams Link Microsoft Teams Meeting

12:00
Albert Heijn

12:30
Project PROXIMUS

GO

13:00
PREP KBC

13:00
Placeholder AG : role of the leader
Microsoft Teams-vergadering; of fysiek? teams.microsoft.com

13:00
Tennisles
Tennis F - Julius de Geyterstraat 133 * 2020 Antwerpen

14:00
Tandarts Tony

13:45
Prep The Park

14:15
A. Hypotheekwinkel

16:00
Placeholder Dry-run webinar Employee Resilience - Unplug to reconnect

16:00
Meeting The Park | Intake
teams.microsoft.com

16:00
Meeting KMPG
teams.microsoft.com

16:00
Aan huis werken

17:00
Sporten Peter



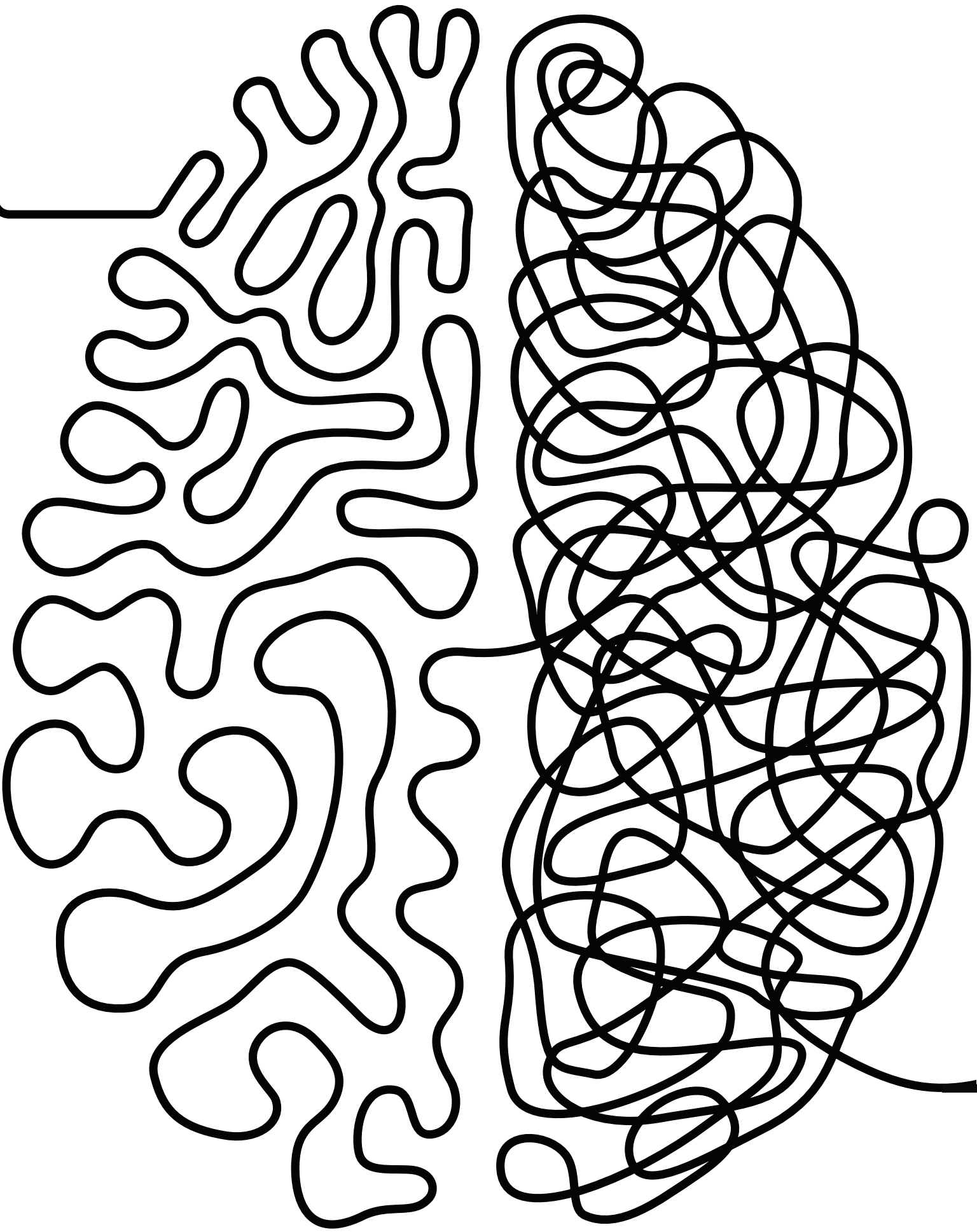
Provincie Antwerpen

STAP 1 BEN IK AAN HET HERKAUWEN?

STAP 2 WIL IK ER **NU** AANDACHT AAN GEVEN?

STAP 3 WIL IK HET BESPREKEN?

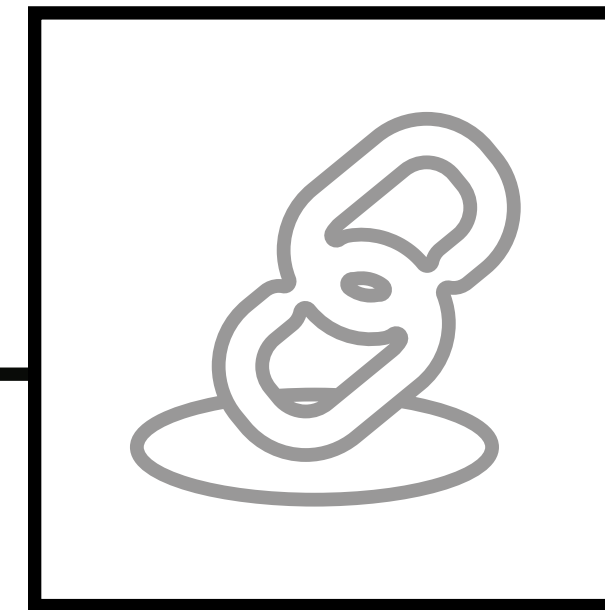
SPIRAAL
DOORBREKEN



3 VORMEN VAN DECONNECTIE



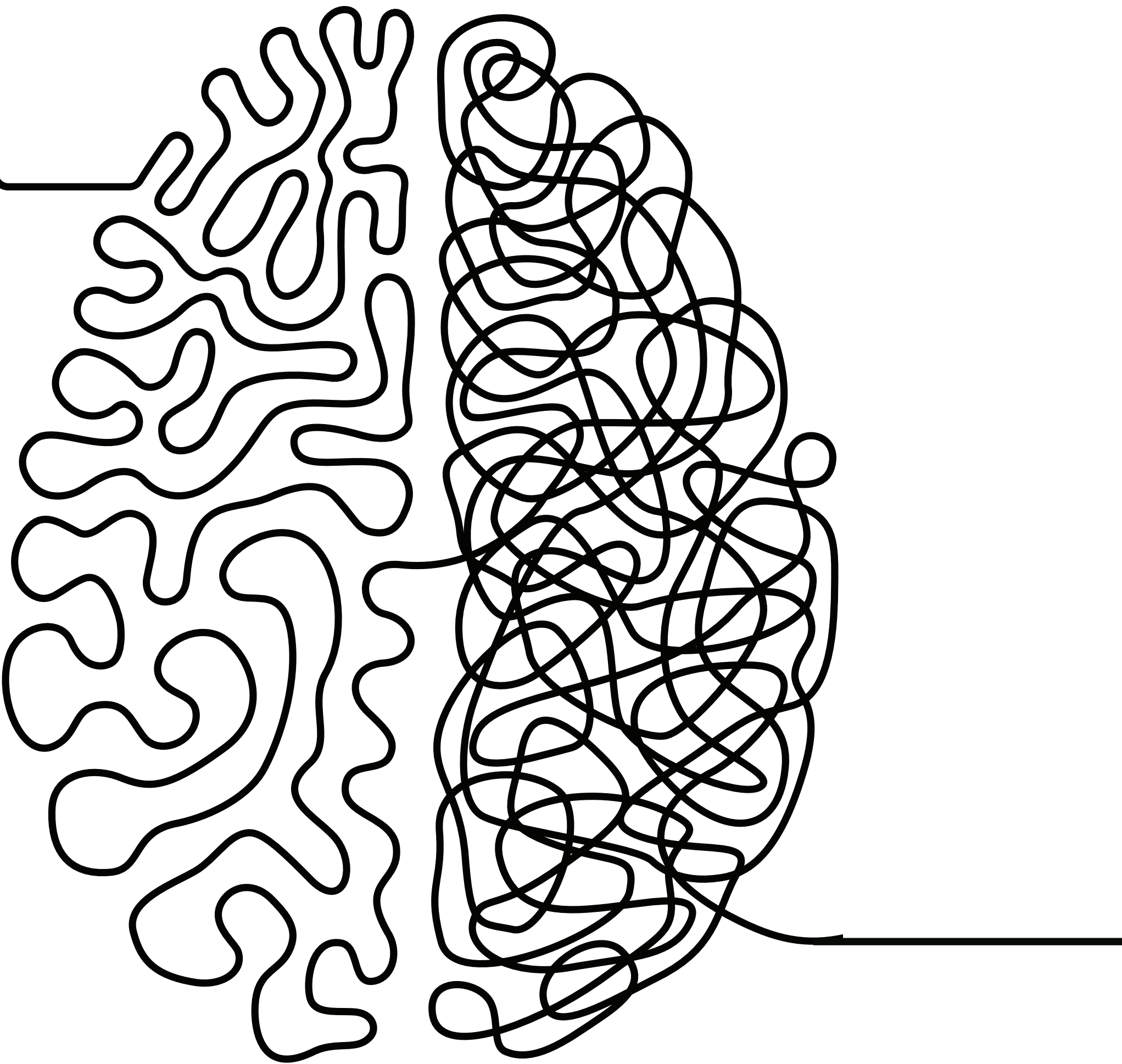
DIGITAAL



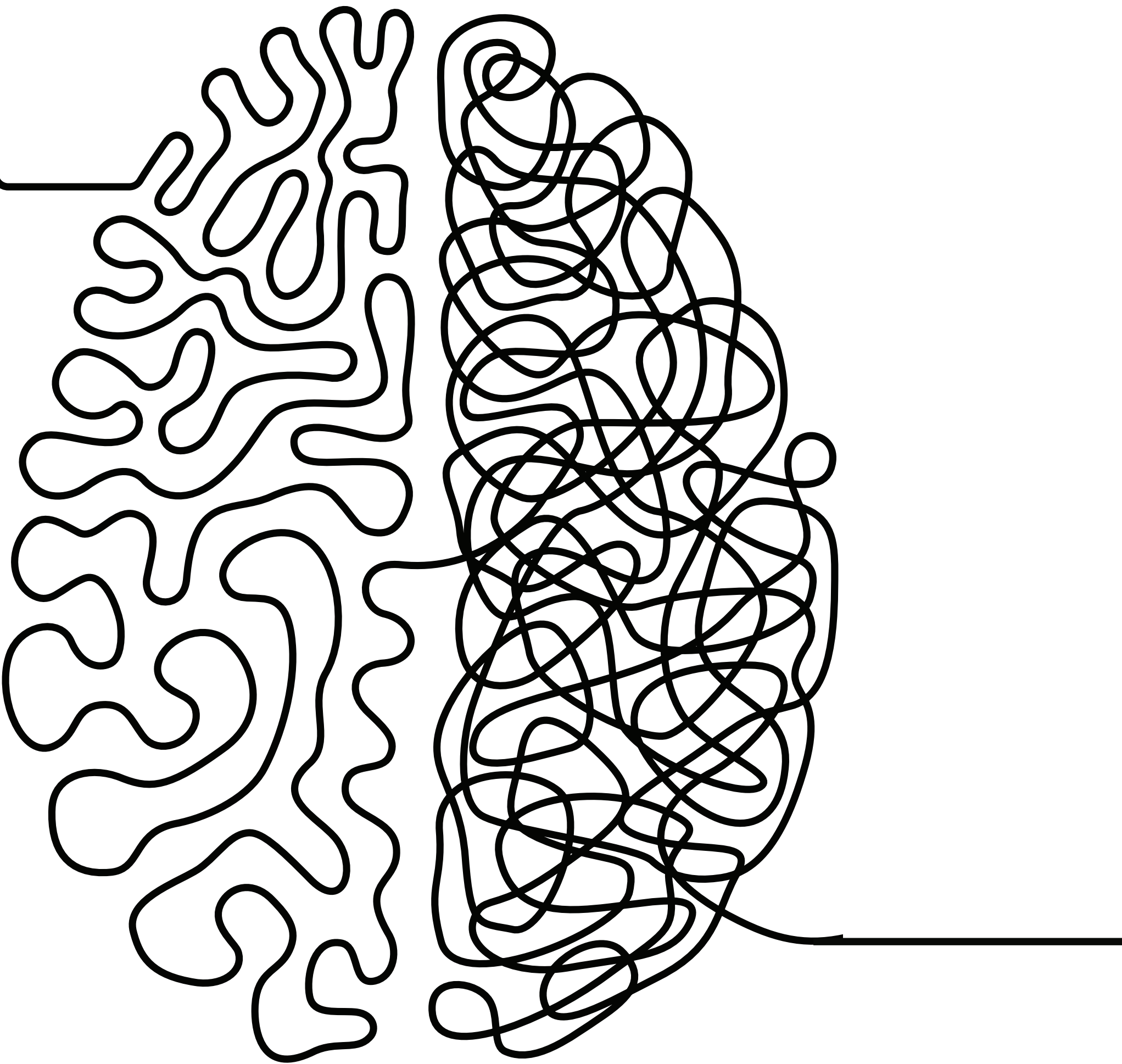
PSYCHOLOGISCH



EMOTIONEEL



WAT NEEM JE MEE?



WAT NEEM JE MEE?

HOW'S
WORK?



BEDANKT!