



Unplug
TO RE-CONNECT

DECONNECT YOUR DIGITAL BRAIN

SIT BACK
& *relax*

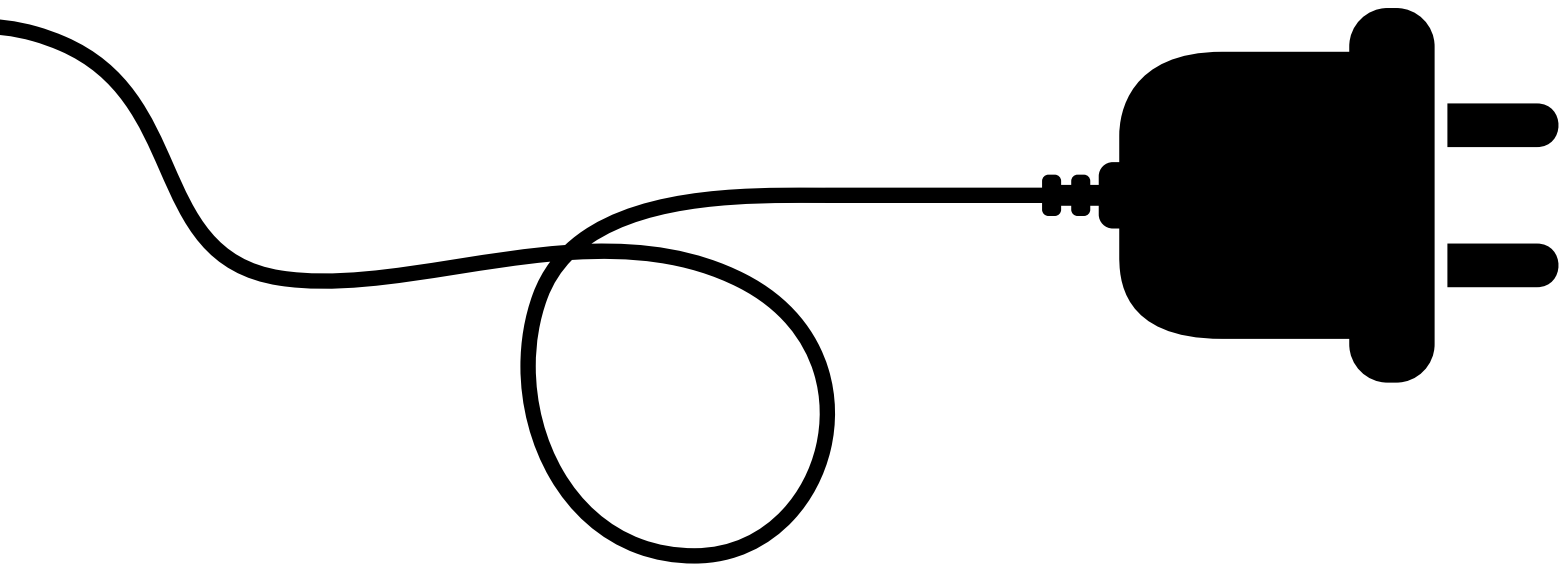




JOUW
deconnectie
TIP



HYPERCONNECTIVITEIT



Waarom **DECONNECTEREN?**

Over Forrest Gump

Hoe **PAKKEN WE DAT AAN?**

Over 'Deconnectie-stijlen'

Wat **DOEN WE CONCREET?**

Over Detox, Zebra's & Schapen



THE *missing* LINK



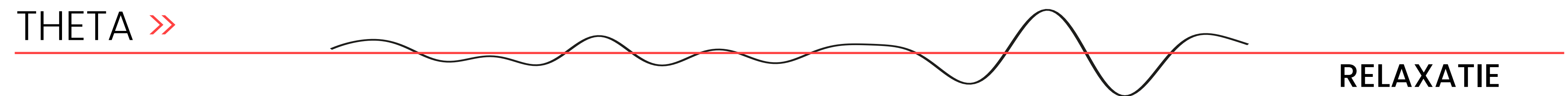
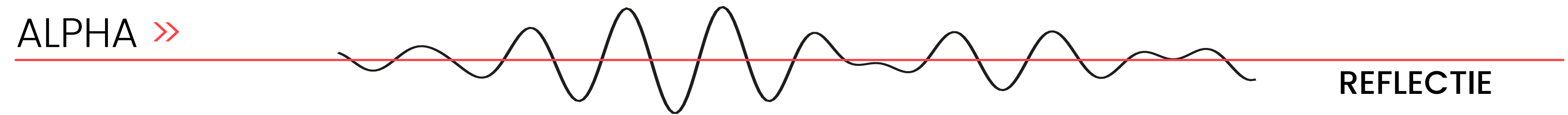
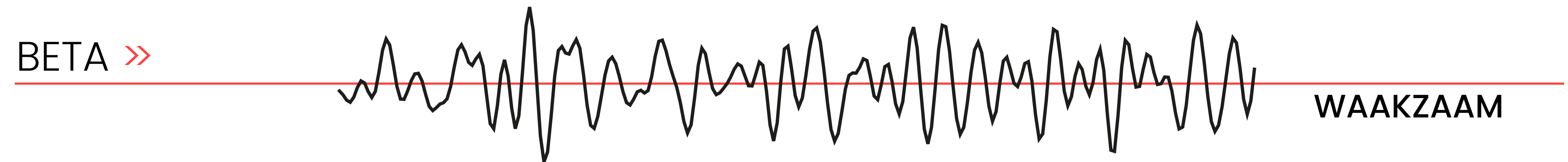


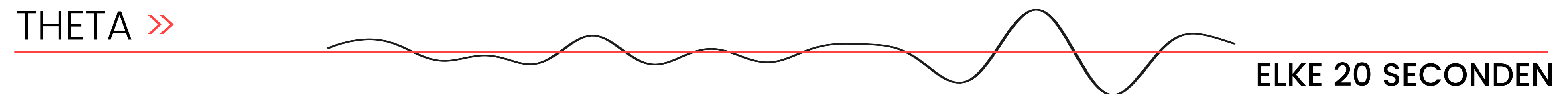
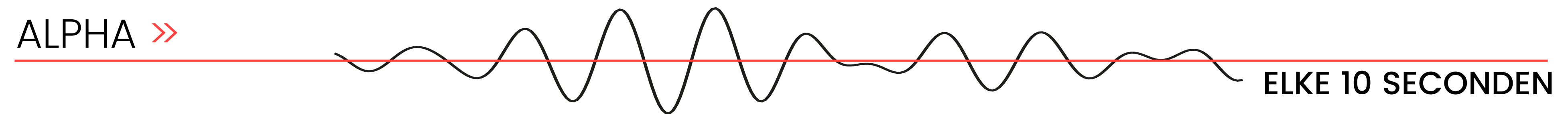
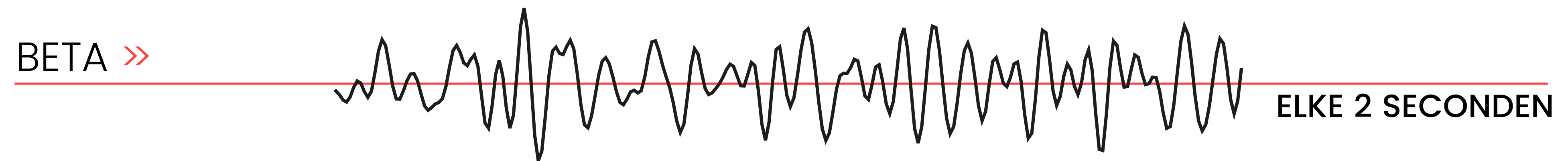
Run FORREST *Run*





HERSEN
golven





60



WAT IS DE
LINK MET
DECONNECTIE?

HERSEN
golven



46%

VAN DE VLAMINGEN MAAKT
WEKELIJKS OVERUREN



64%

VAN DE BELGEN HEEFT MOEITE MET
DECONNECTEREN NA HET WERK



3u08

SPENDEERT DE GEMIDDELDE BELG
PER DAG OP DE SMARTPHONE



Waarom DECONNECTEREN?

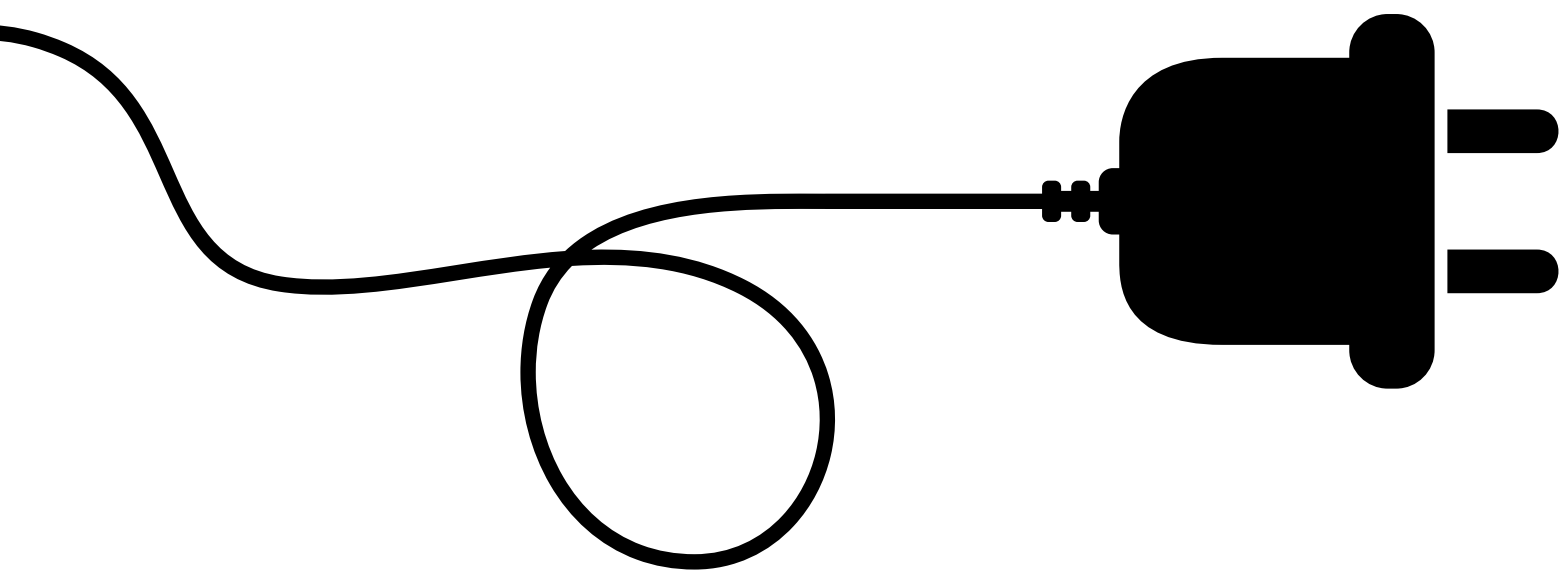
Over Forrest Gump

Hoe PAKKEN WE DAT AAN?

Over 'Deconnectie-stijlen'

Wat DOEN WE CONCREET?

Over Detox, Zebra's & Schapen



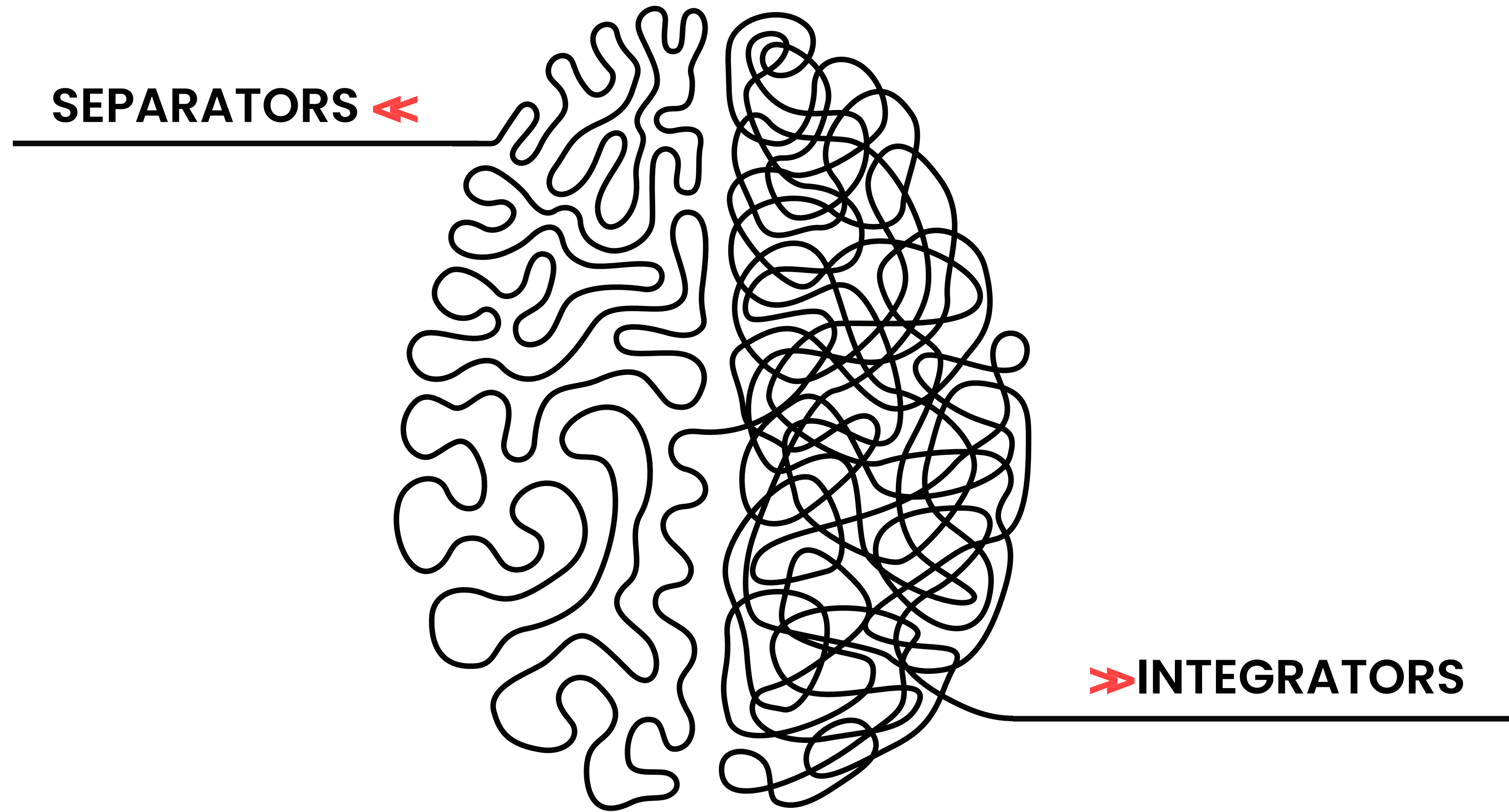


DE BESTE MANIER OM MENSEN TE
LATEN DECONNECTEREN IS DOOR DE
COMMUNICATIE NA DE UREN TE
BEPERKEN.

Boundary THEORY

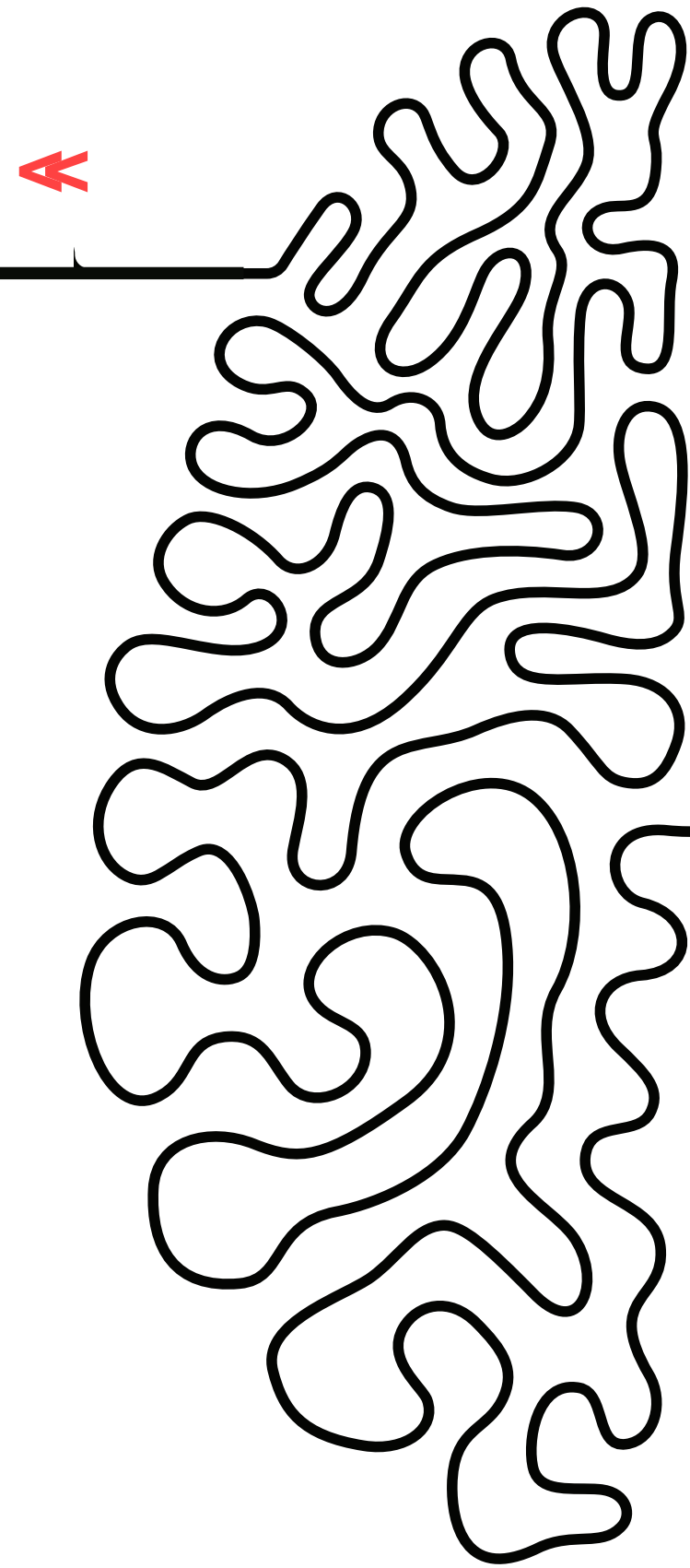
Boundary theory Nippert-Eng, 1996



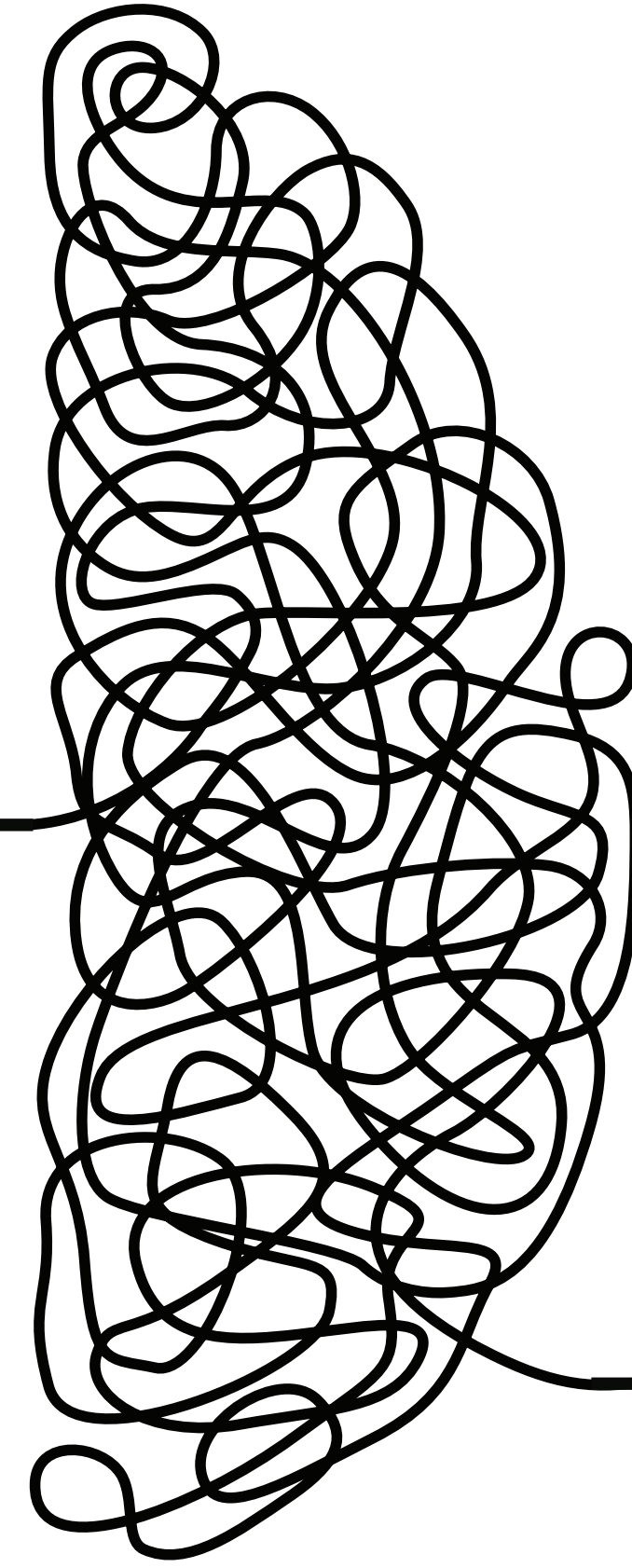


Deconnectie STIJLEN

SEPARATORS



➤ INTEGRATORS



Belang VAN
DECONNECTIE STIJL

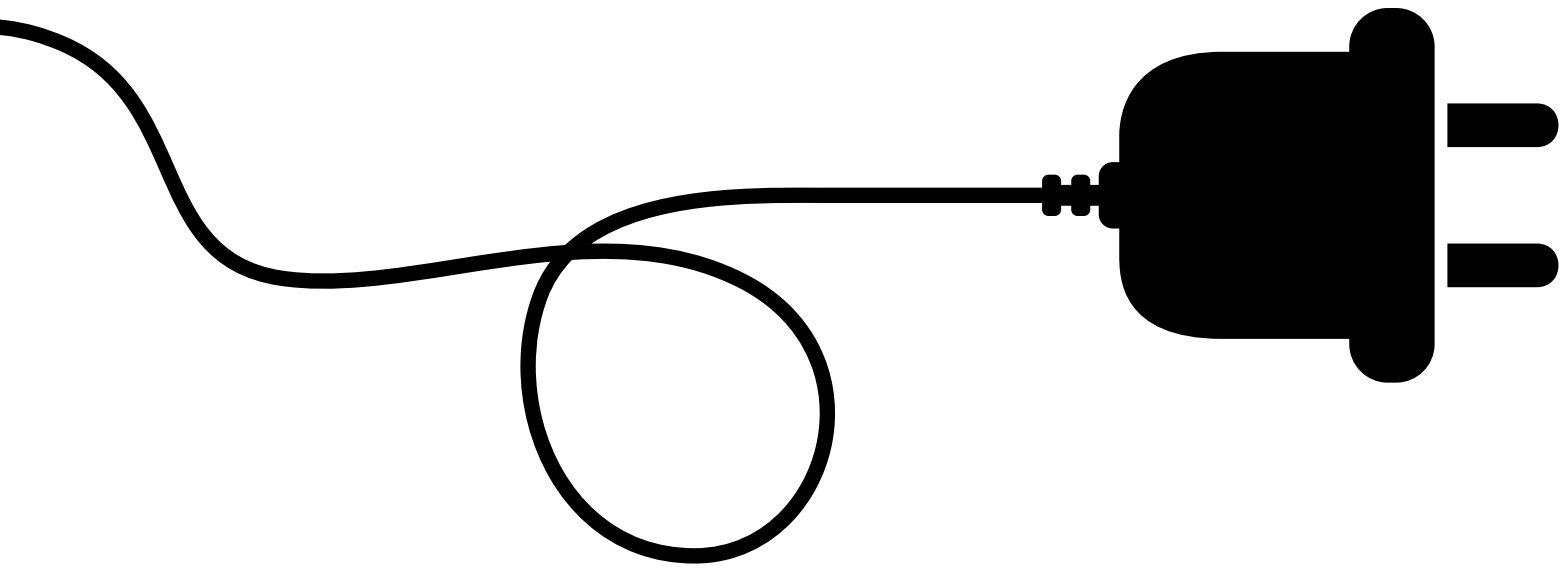




Digitale **DETOX**

DE
Heilige
GRAAL





Waarom DECONNECTEREN?

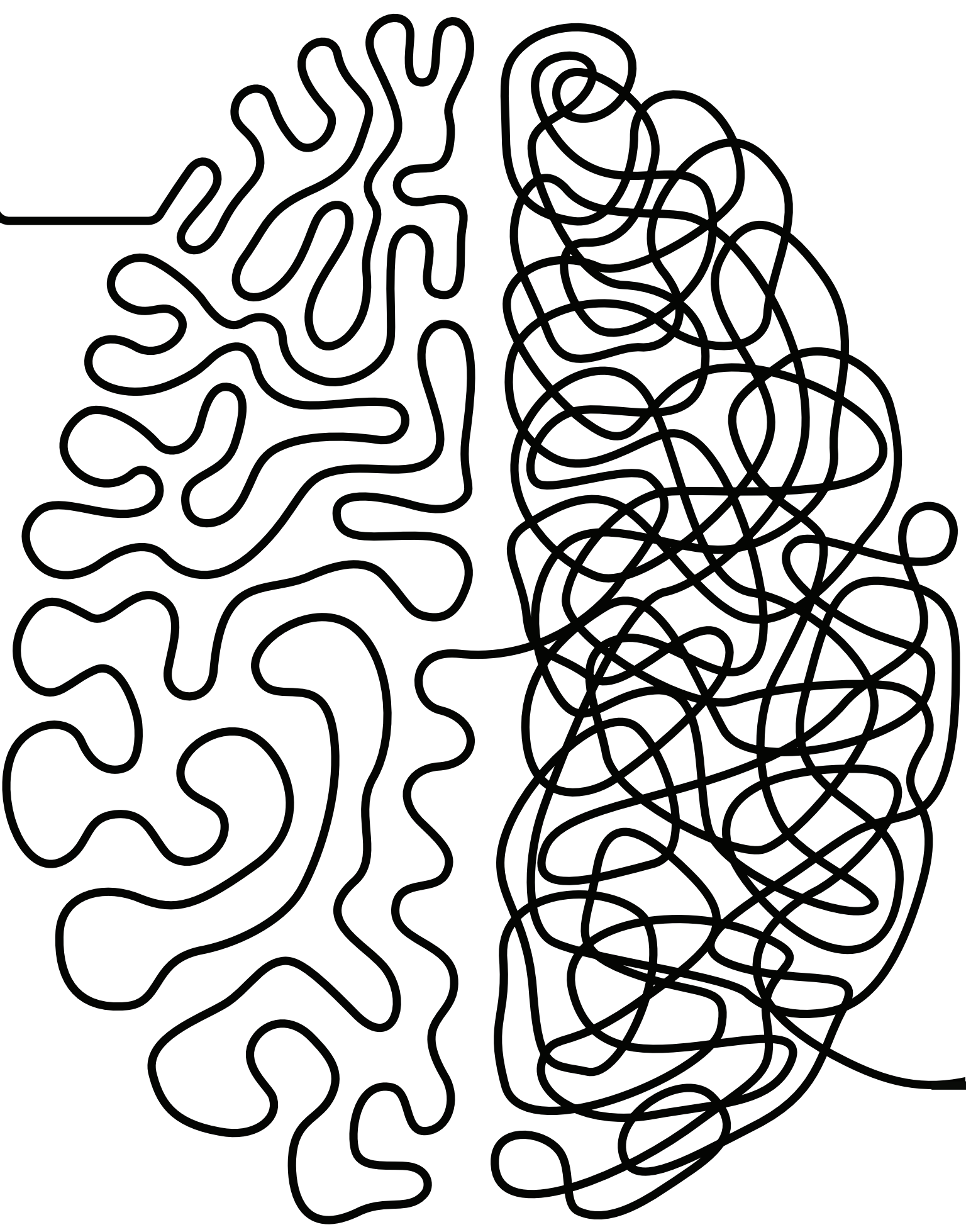
Over Forrest Gump

Hoe PAKKEN WE DAT AAN?

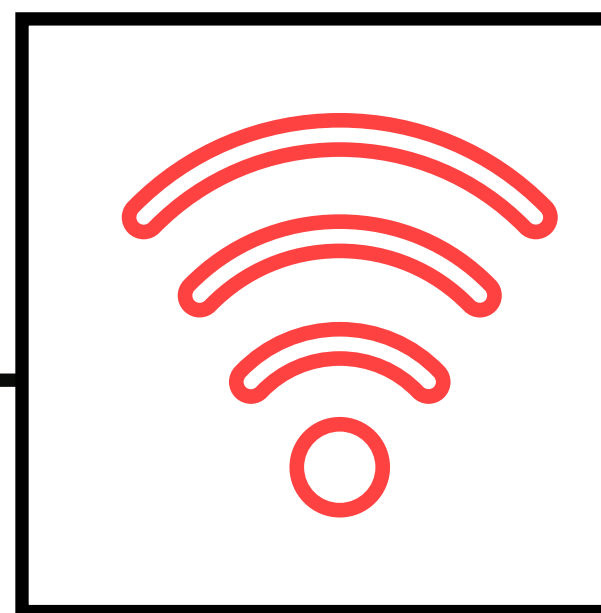
Over 'Den draad'

Wat DOEN WE CONCREET?

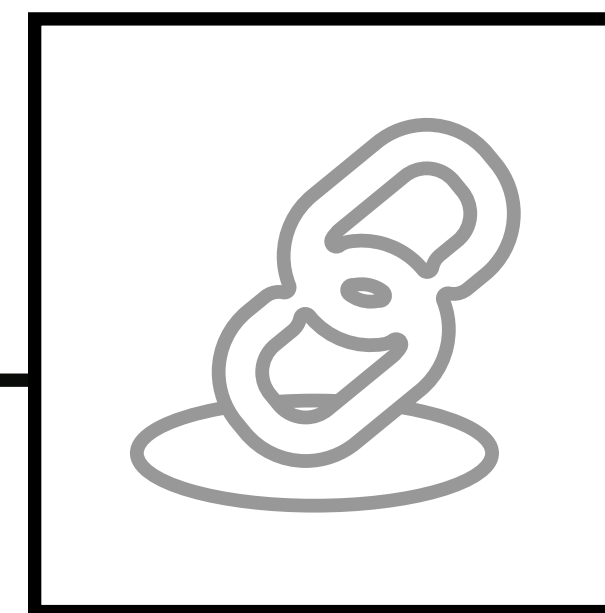
Over Detox, Zebra's & Schapen



3 VORMEN VAN DECONNECTIE



DIGITAAL



PSYCHOLOGISCH



EMOTIONEEL

Techno STRESS



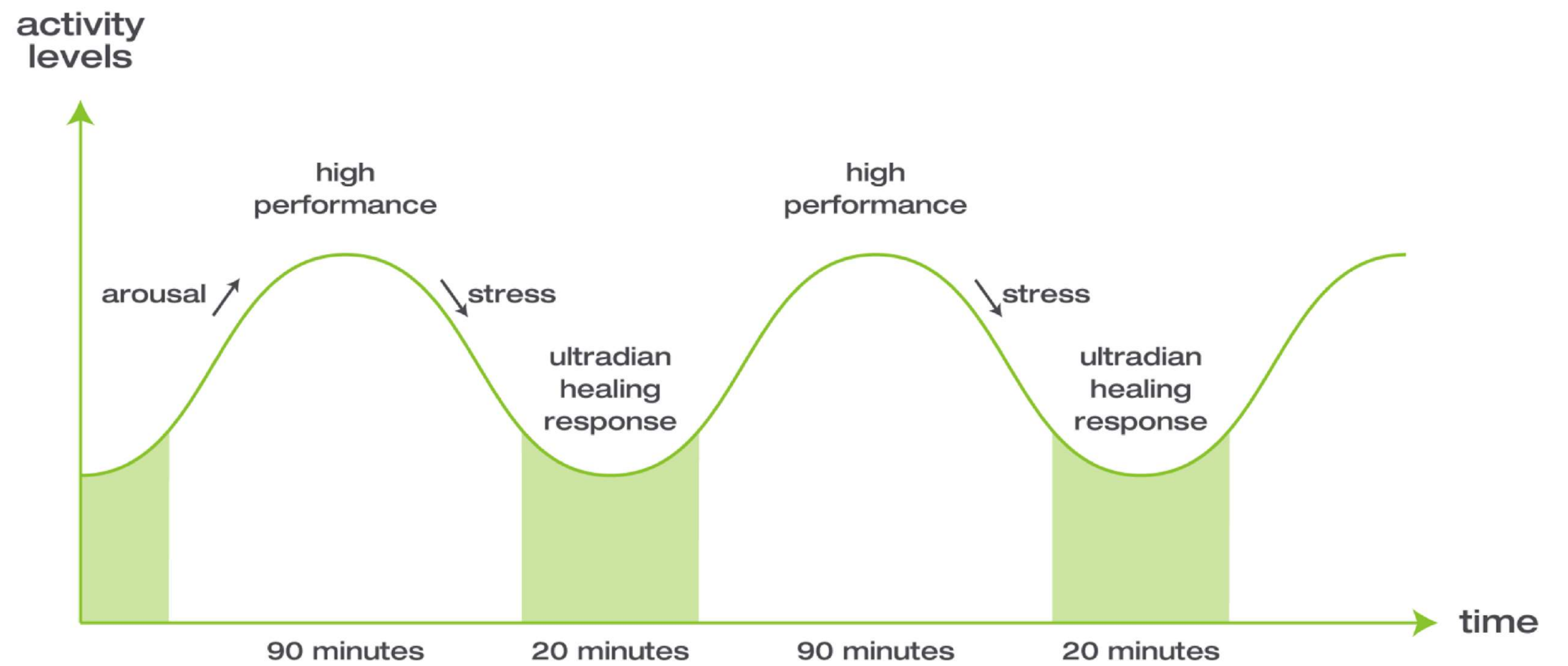


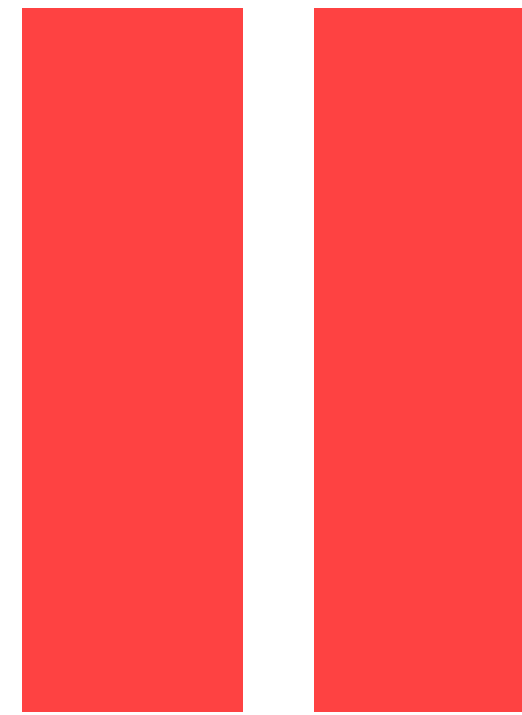
TECHNO *overload*



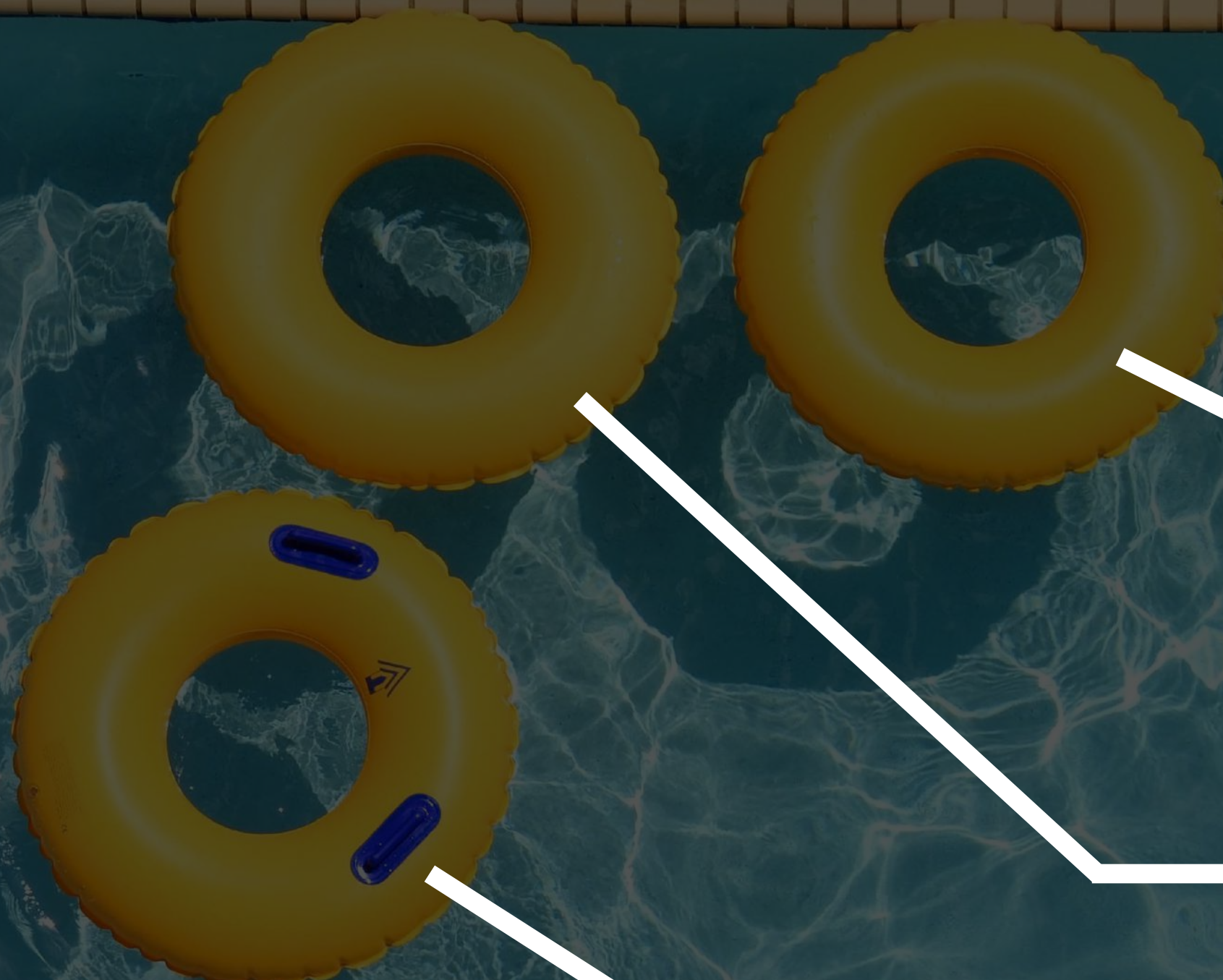
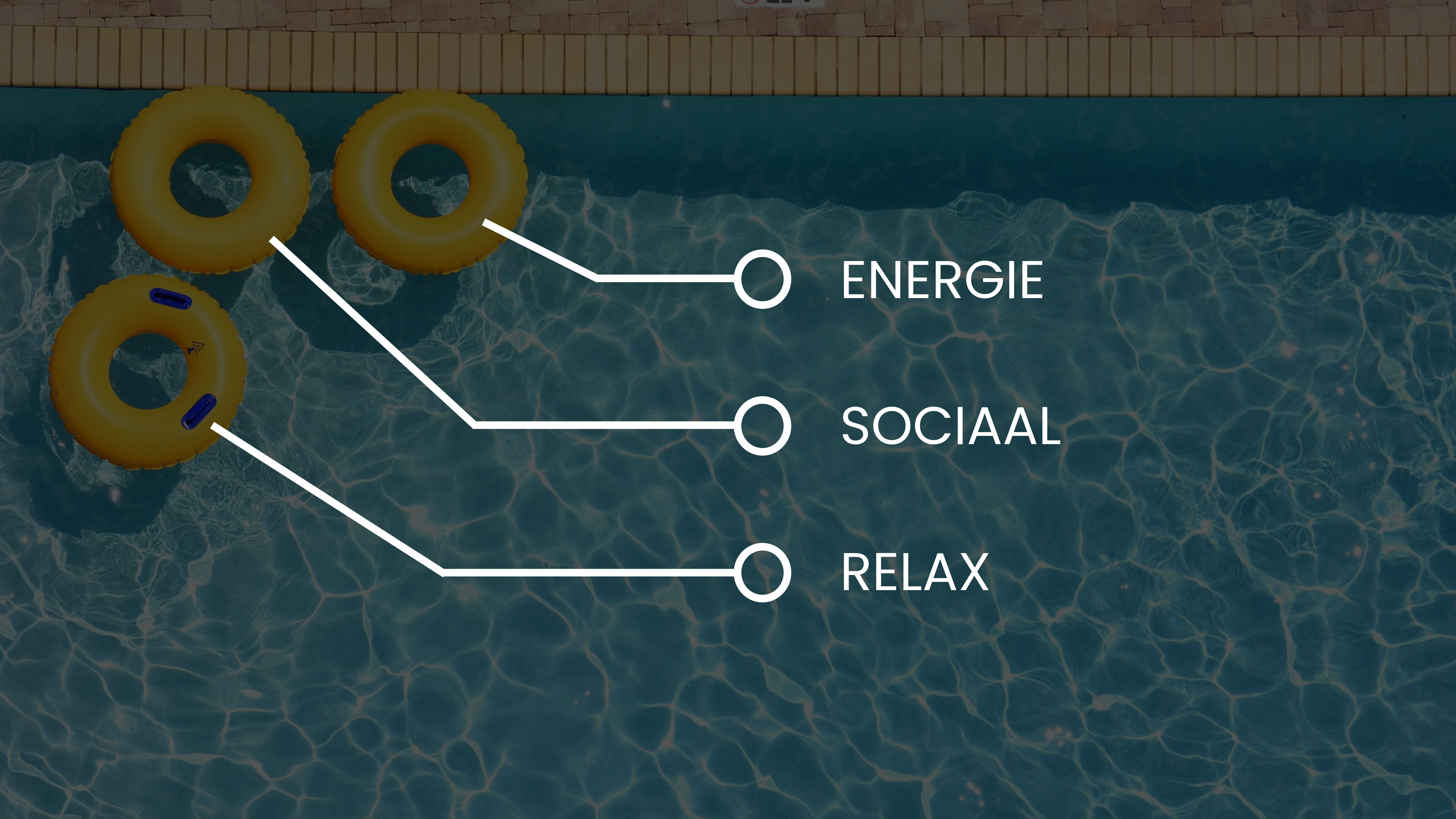


PREFRONTALE CORTEX





Ja... duhuh



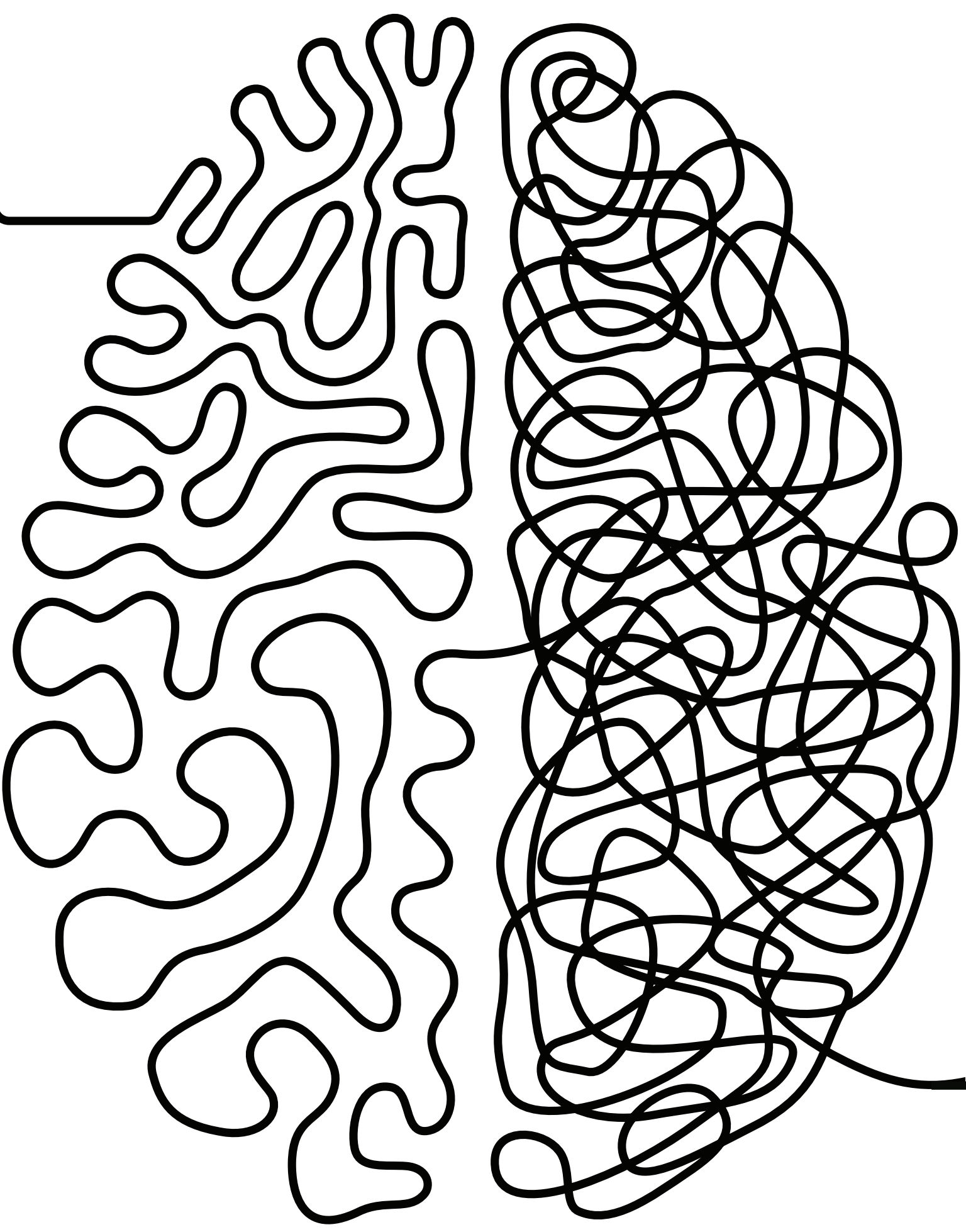
ENERGIE



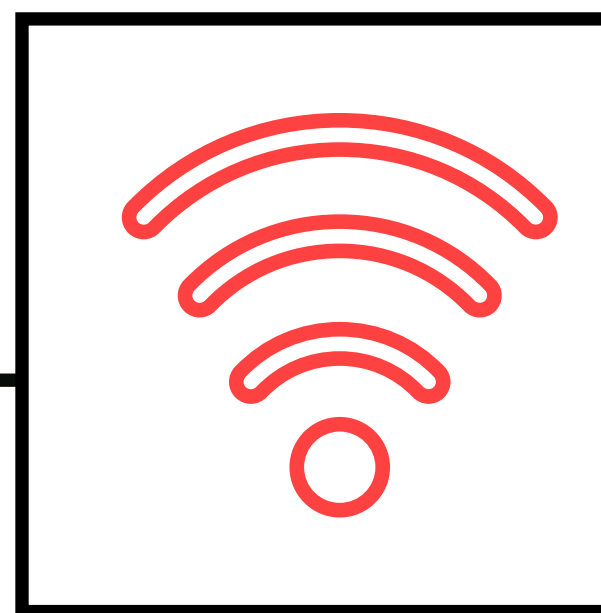
SOCIAAL



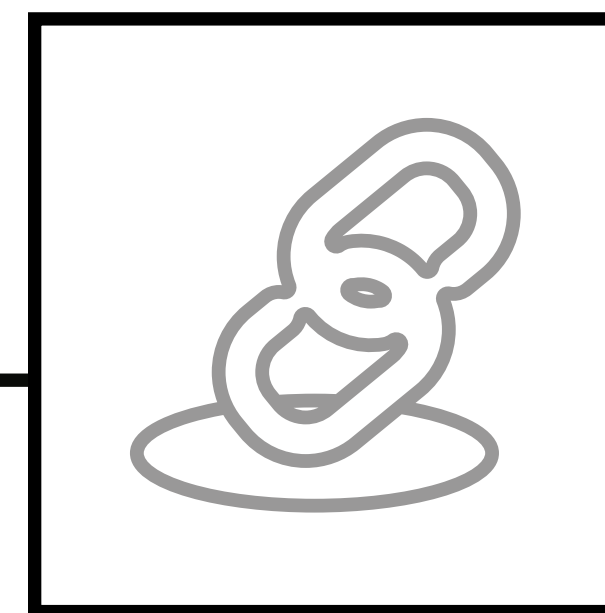
RELAX



3 VORMEN VAN DECONNECTIE



DIGITAAL



PSYCHOLOGISCH



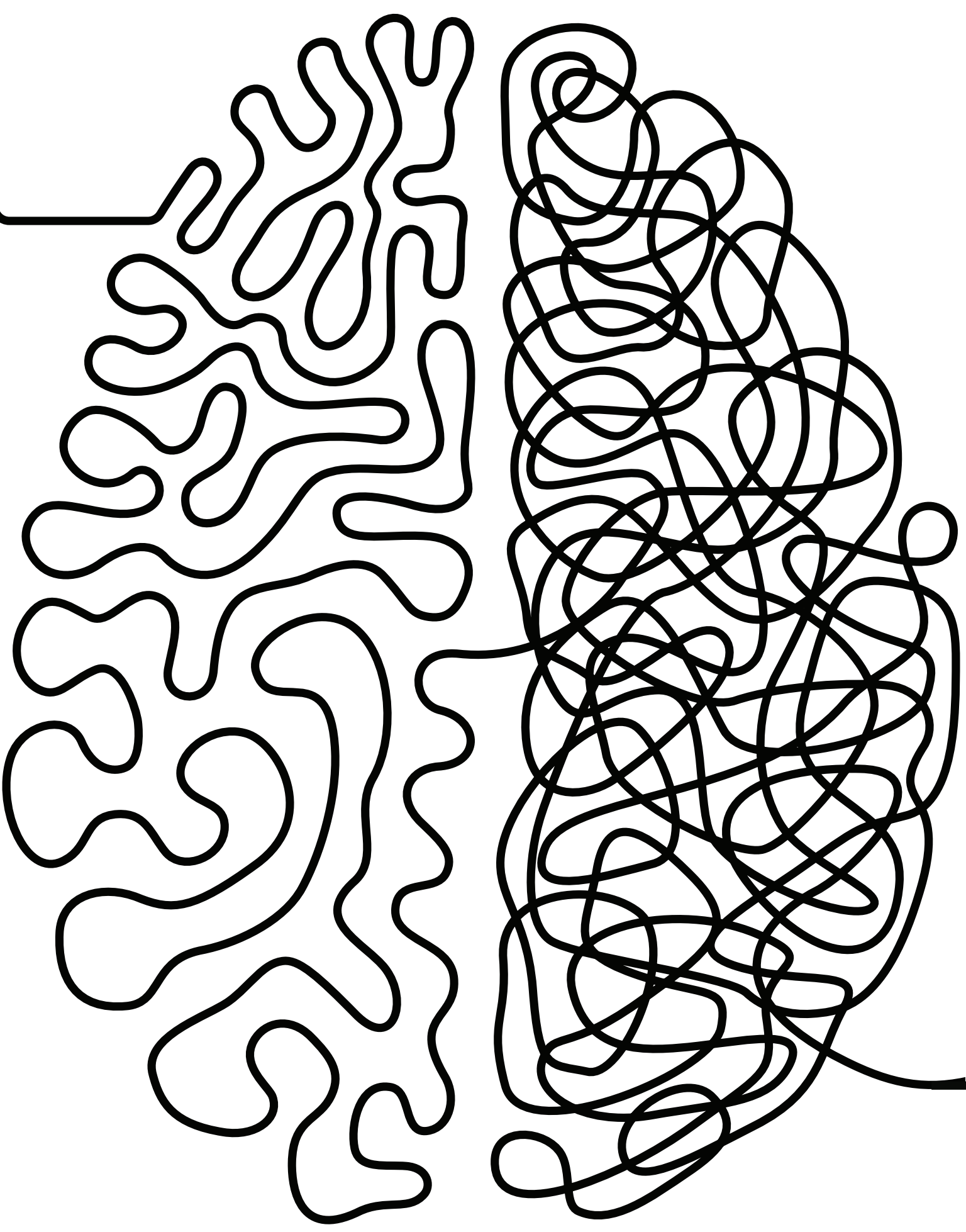
EMOTIONEEL

ZEBRA
versus
MENS

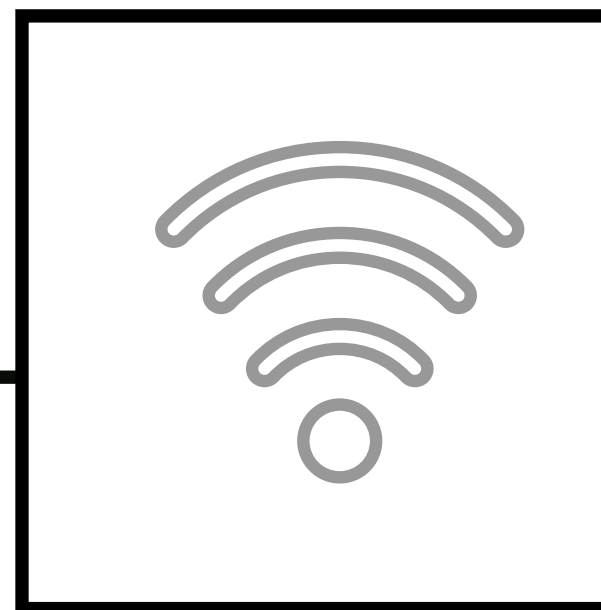


HET *voorspellende* BREIN

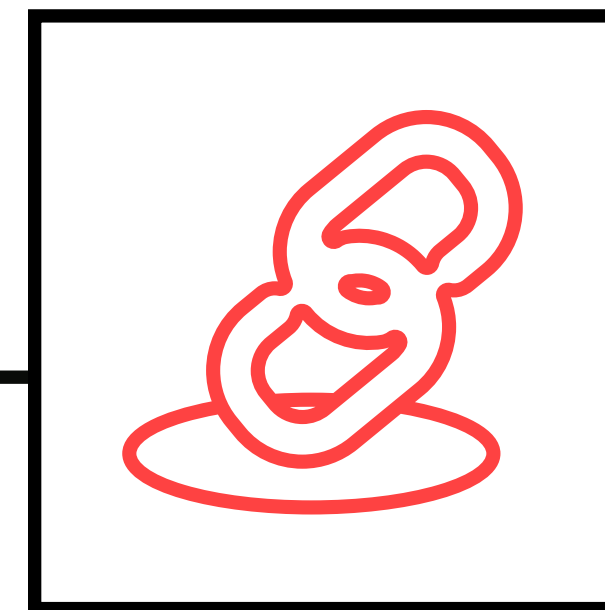




3 VORMEN VAN DECONNECTIE



DIGITAAL



PSYCHOLOGISCH



EMOTIONEEL



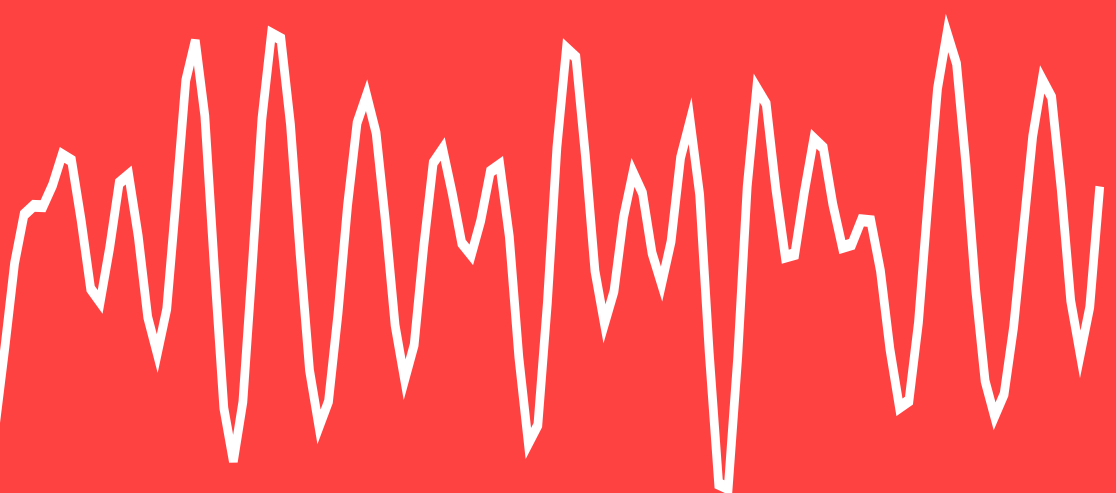
64%

VAN DE BELGEN HEEFT MOEITE MET
DECONNECTEREN NA HET WERK



HERSTEL



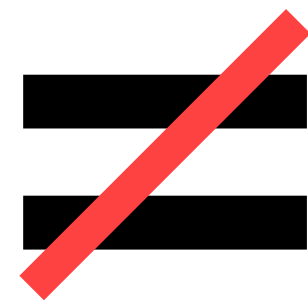


HERSTEL IS ...





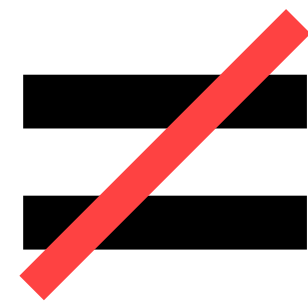
HERSTEL



NON-WORK



HERSTEL



GEGEVEN



HERSTEL

~~=~~

VLUCHT



HERSTEL

=

EEN VAARDIGHEID



HERSTEL

=

ACTIEF



HERSTEL

1.

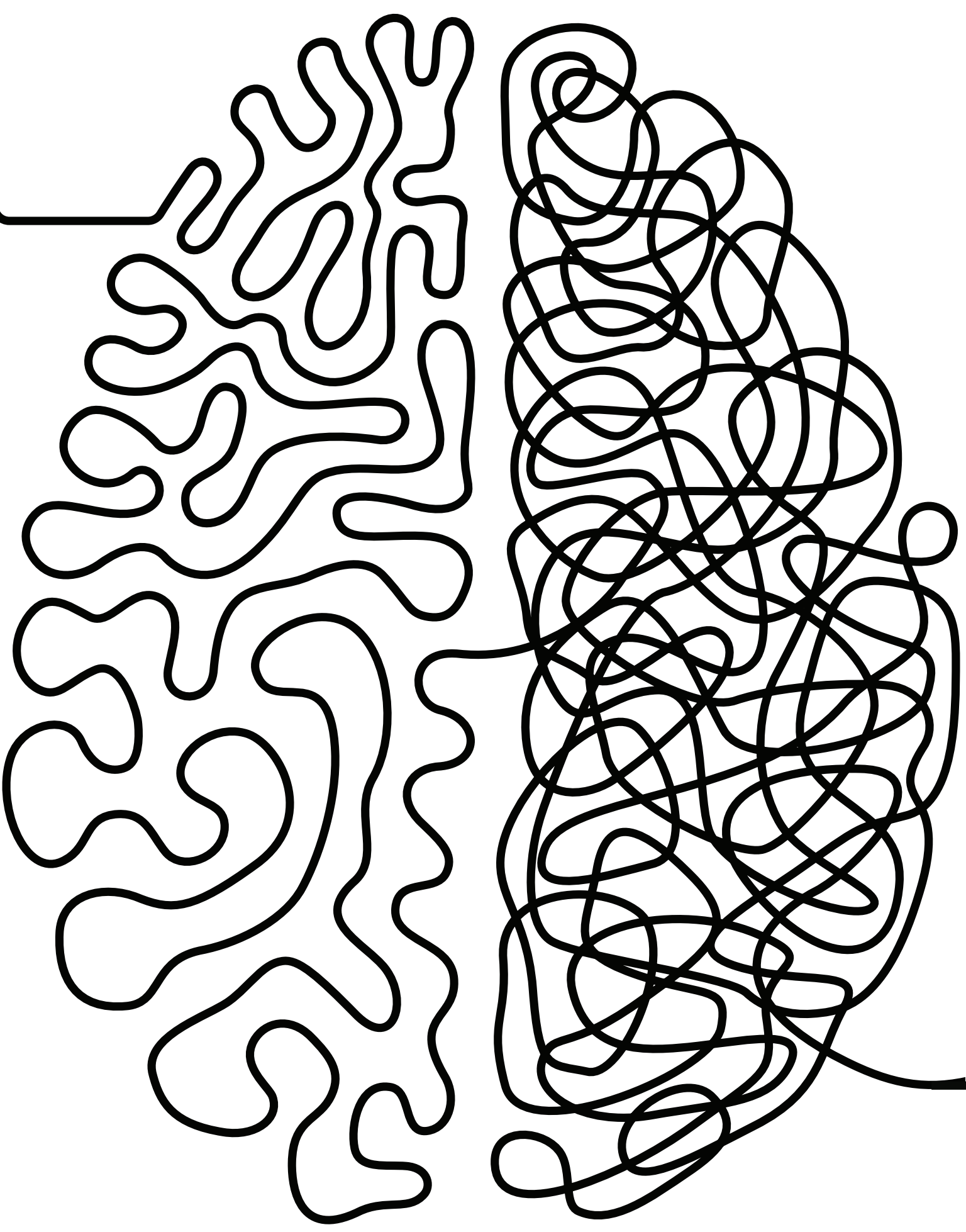
RUST

2.

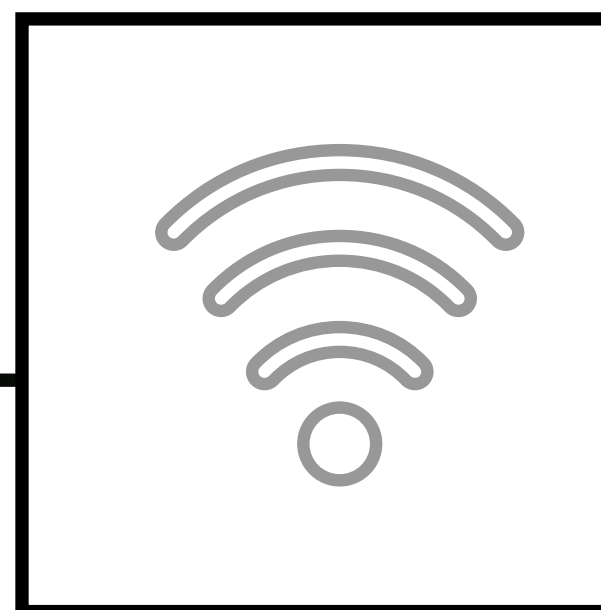
ENGAGEMENT



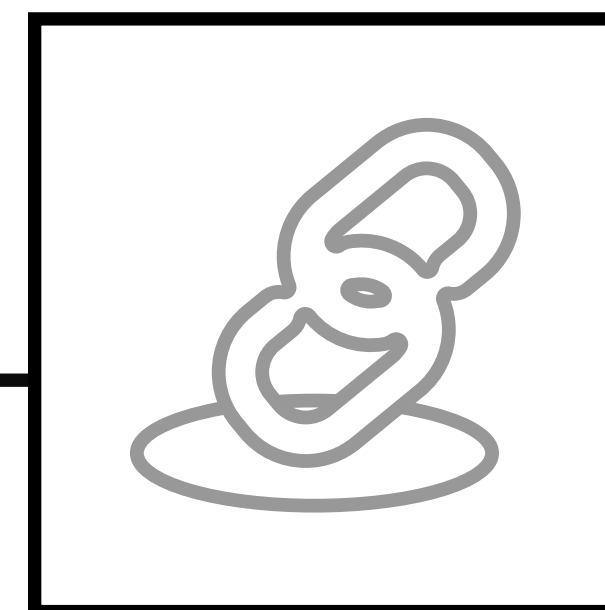
DE *brug*



3 VORMEN VAN DECONNECTIE



DIGITAAL



PSYCHOLOGISCH



EMOTIONEEL



HERKAUWEN



GIST EFFECT



?

...

!!

!?

??

!

HERKAUWEN



STAP 1 BEN IK AAN HET HERKAUWEN?

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

STAP 3 WIL IK HET BESPREKEN?

SPIRAAL DOORBREKEN

HOW'S
WORK?

THANK
YOU!

