

Break

RUMINATING

WELCOME »»

HOW'S WORK?

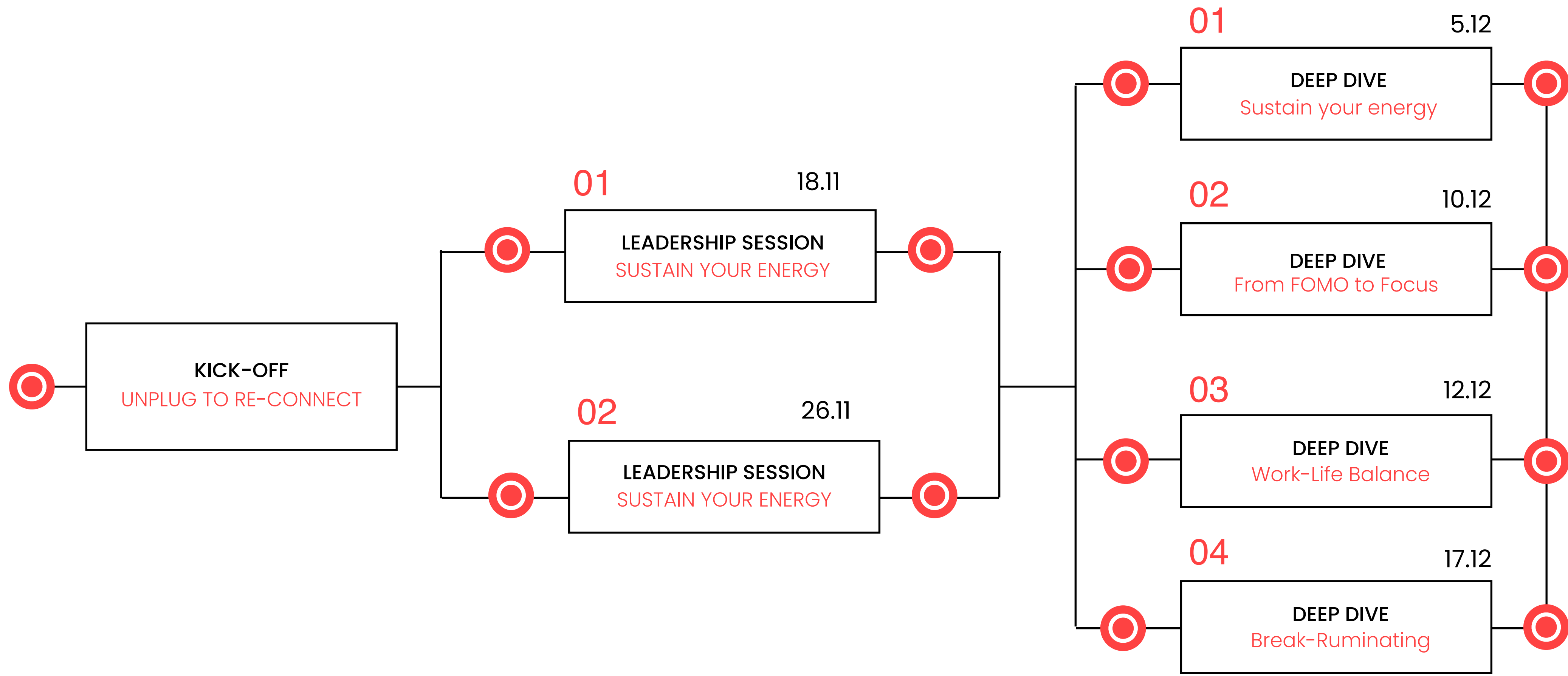




PRACTICALITIES

CECI *n'* est
PAS *un* *training*



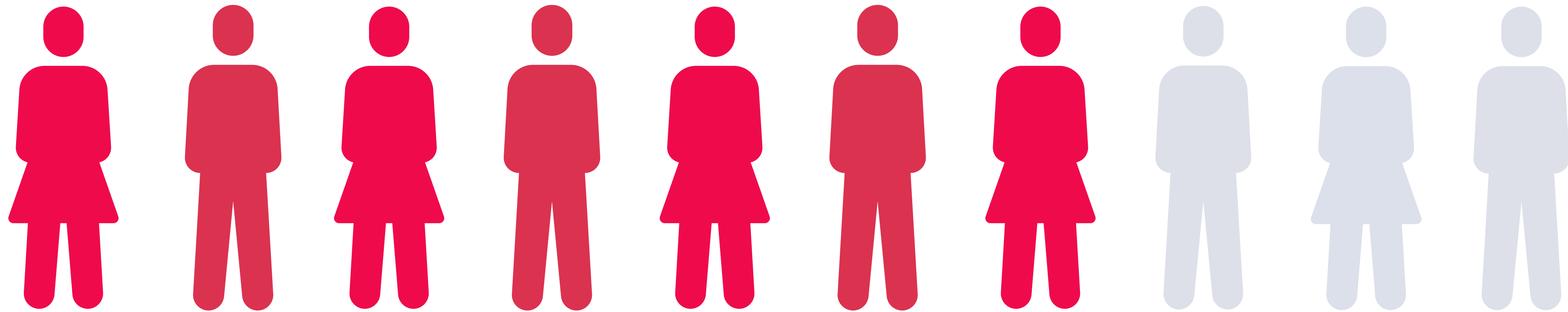


TOOLBOX
UNPLUG TO RE-CONNECT

Break

RUMINATING





70%

of people **sometimes** worry
about their job after work



20%

of people **often** think about
work-related matters after work



10%

of people **very often** or **always** think about work-related matters after work

Congratulations!

YOU ARE A HUMAN BEING



A H A

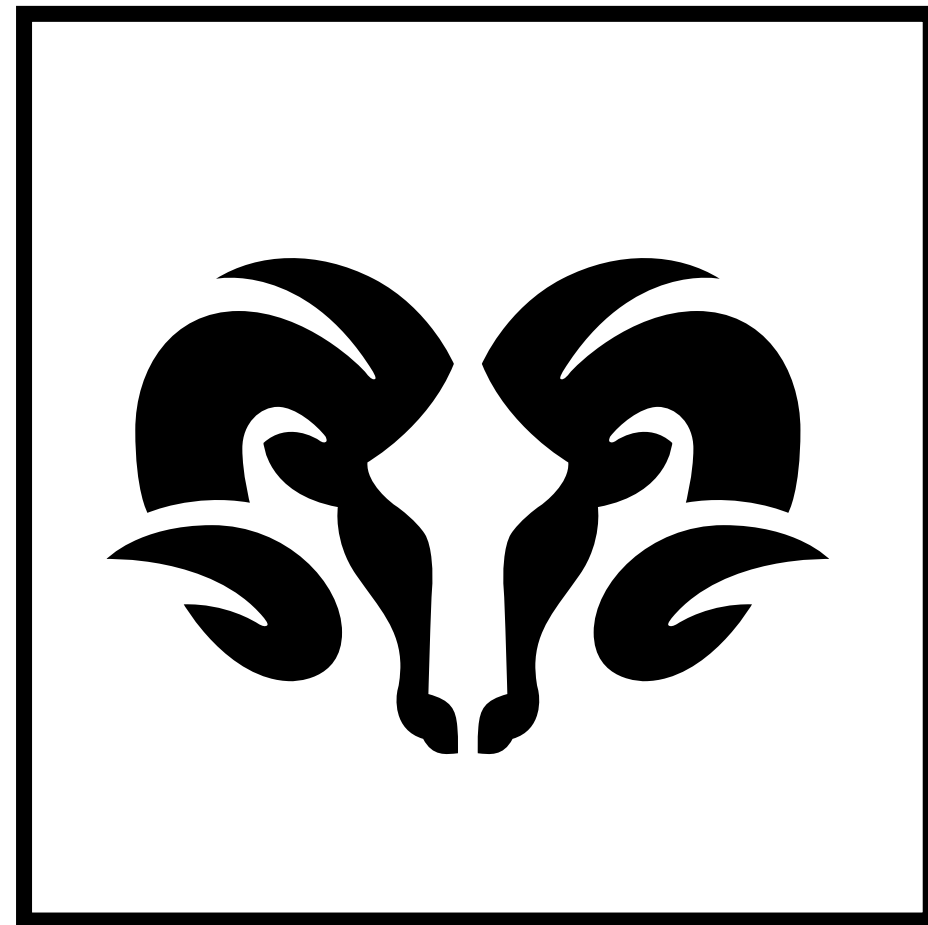
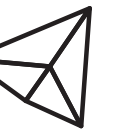
MOMENT

Who is Who?

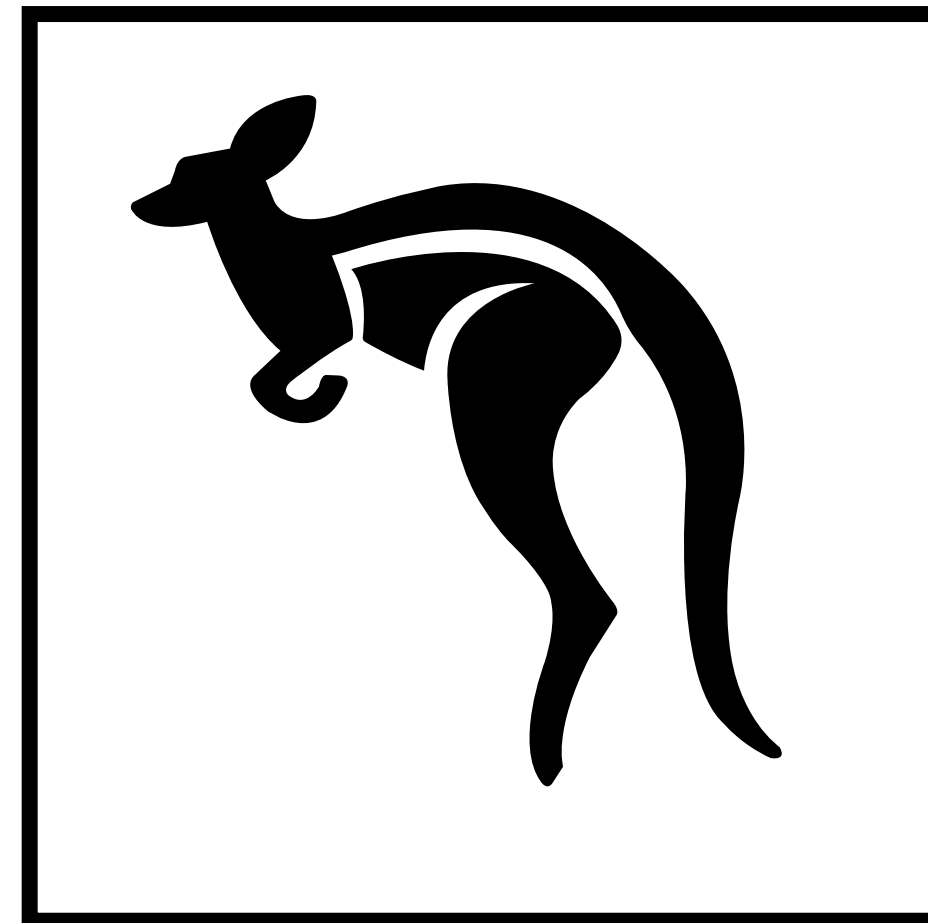
» WHO IS YOUR COLLEAGUE AND WHAT MAKES HIM / HER UNIQUE?

Who is Who?

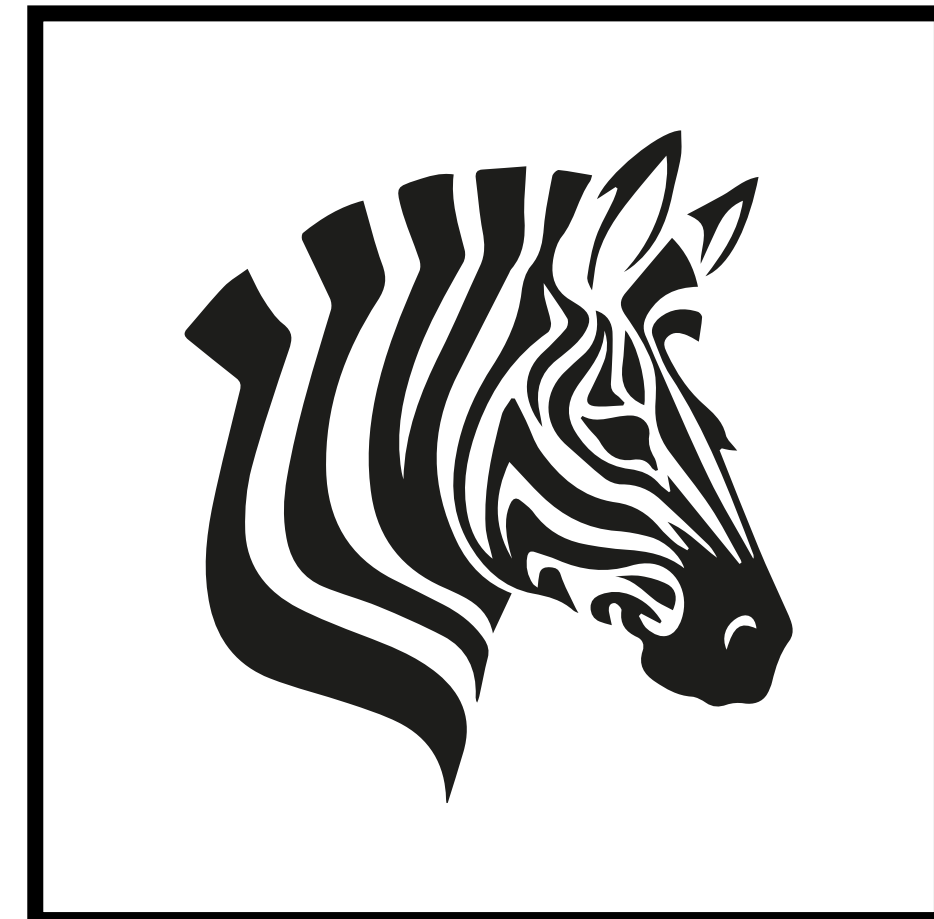
- >> WHO IS YOUR COLLEAGUE AND WHAT MAKES HIM / HER UNIQUE?
- >> WHAT DO YOU HOPE TO GET OUT OF THIS MORNING?



RUMINATORS



DETACHERS



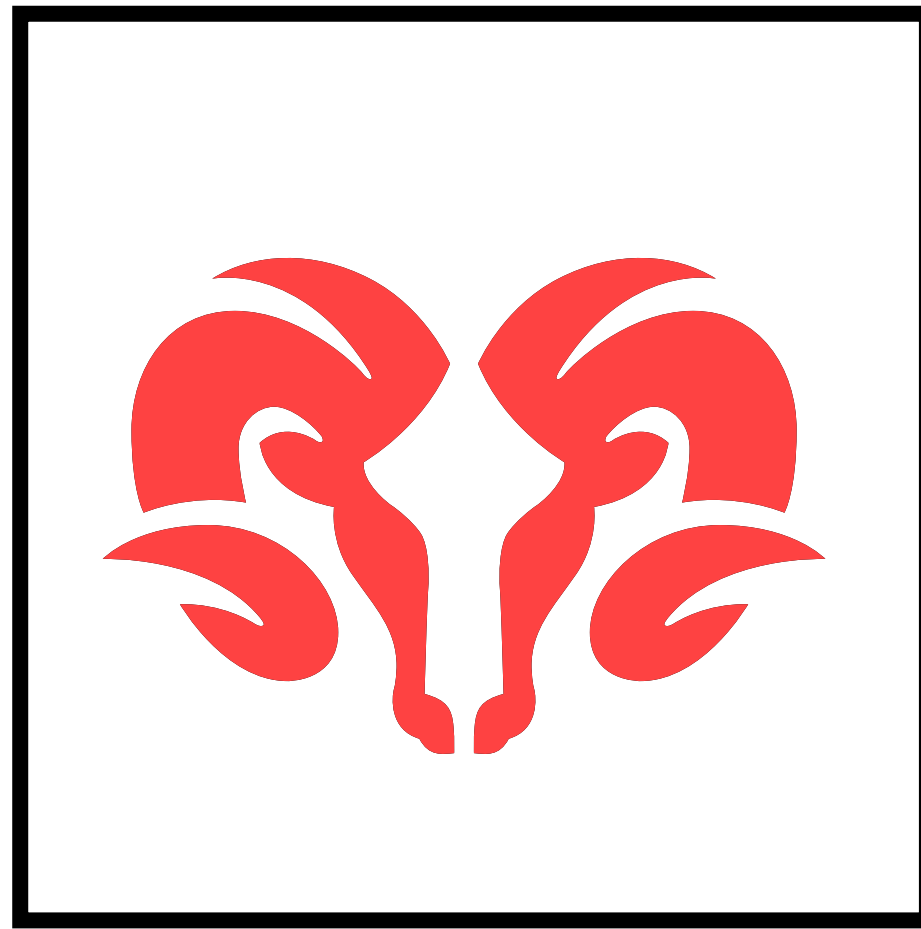
PROBLEM SOLVERS



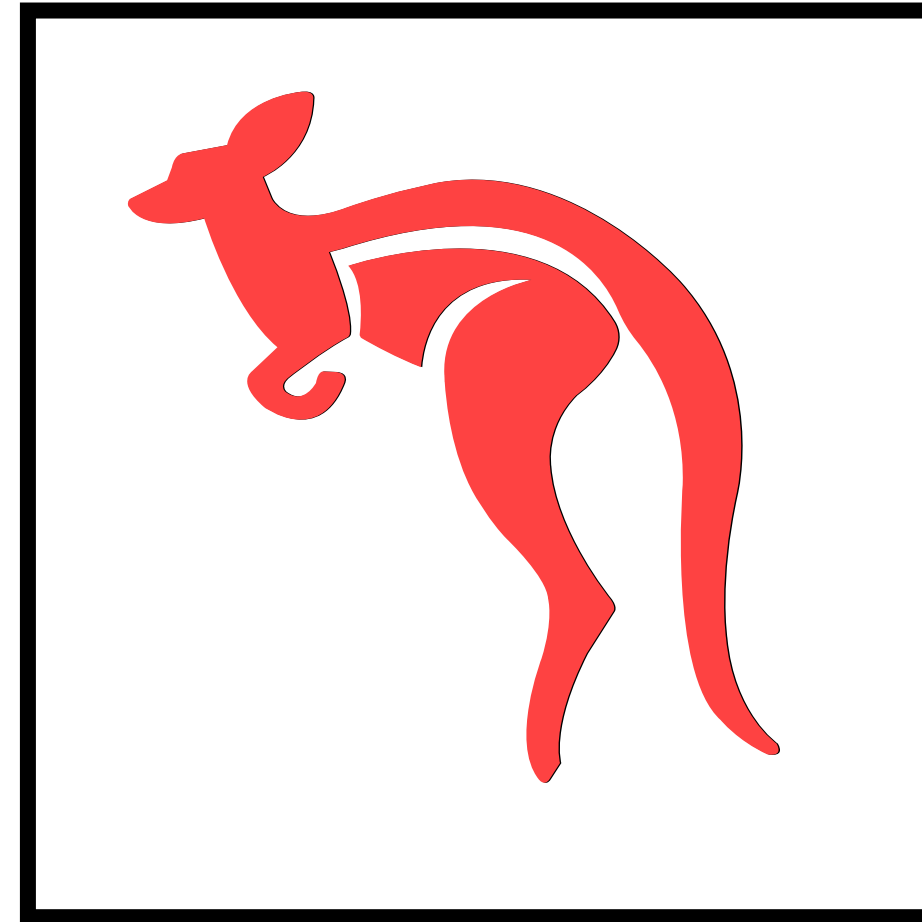
WORK-RELATED THOUGHTS QUESTIONNAIRE

The following questions relate to your time after work. Circle the number that applies to you. Read each question carefully, but don't think too long about your answer, as your first answer is usually the most revealing.

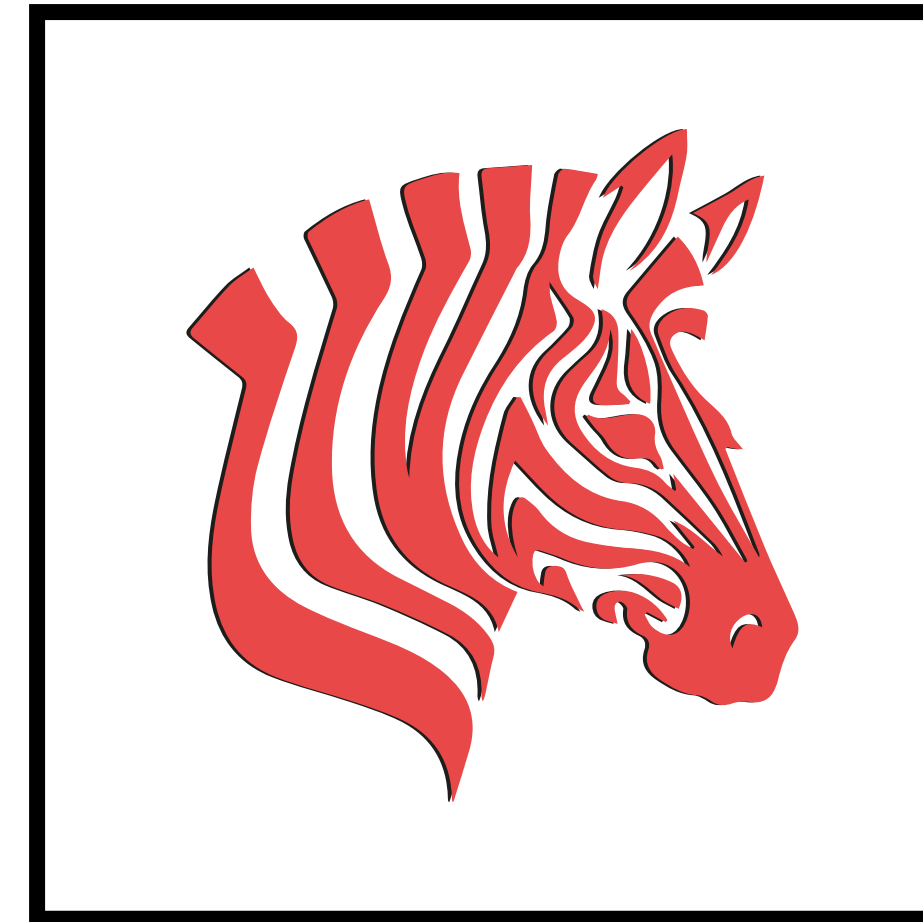
	Very rarely/ Never	Rarely	Sometimes	Often	Very often/ Always
1. I get tense when I think about work-related matters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. After work, I think about how to improve my work performance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I don't feel able to 'switch off' from work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am concerned about work-related issues when I am not at work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I get tired when I think about work-related matters during my free time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I leave work-related matters behind when I stop working	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



RUMINATORS



DETACHERS

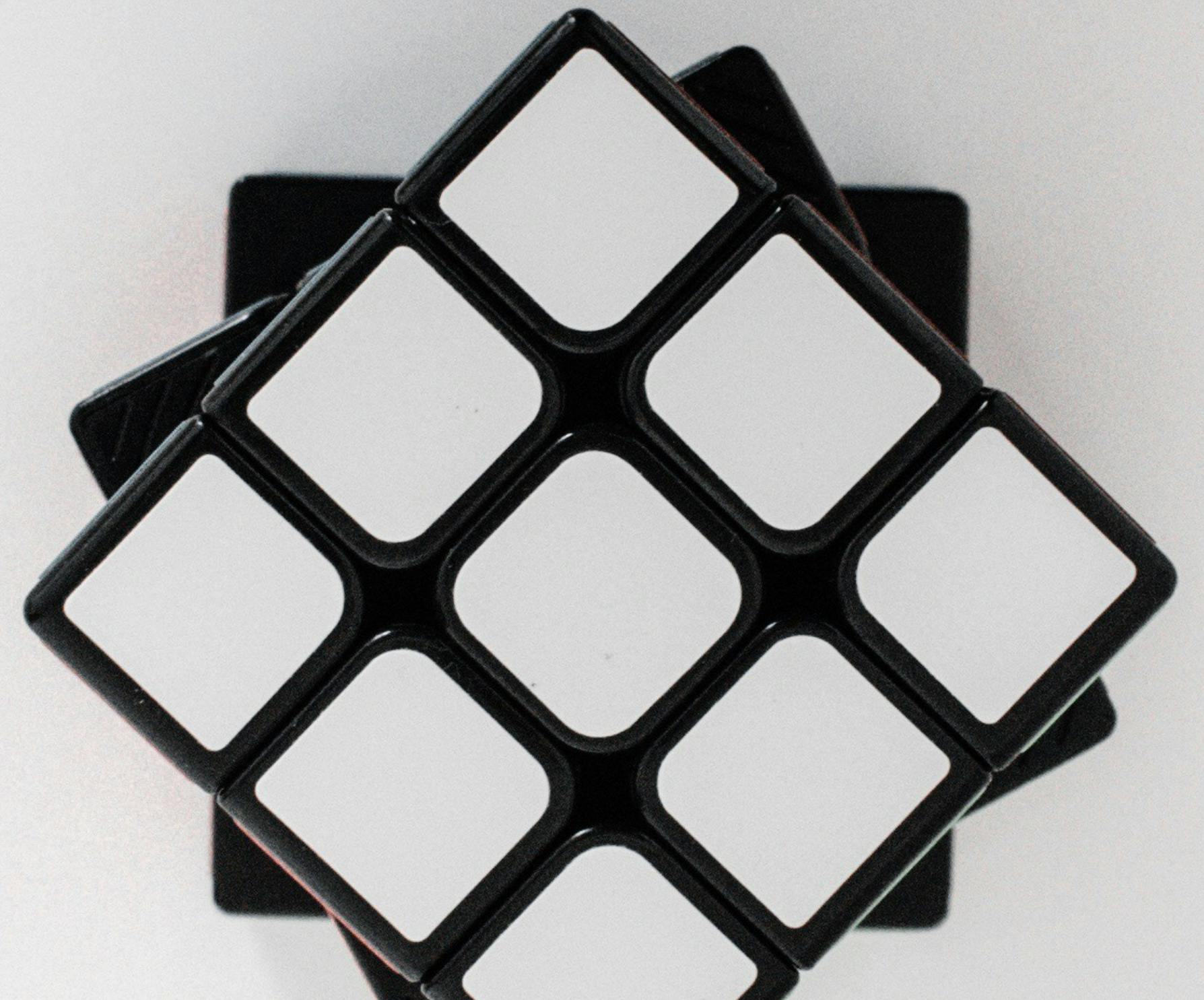


PROBLEM SOLVERS

OUR

problem-solving

BRAIN



Why DO WE RUMINATE?

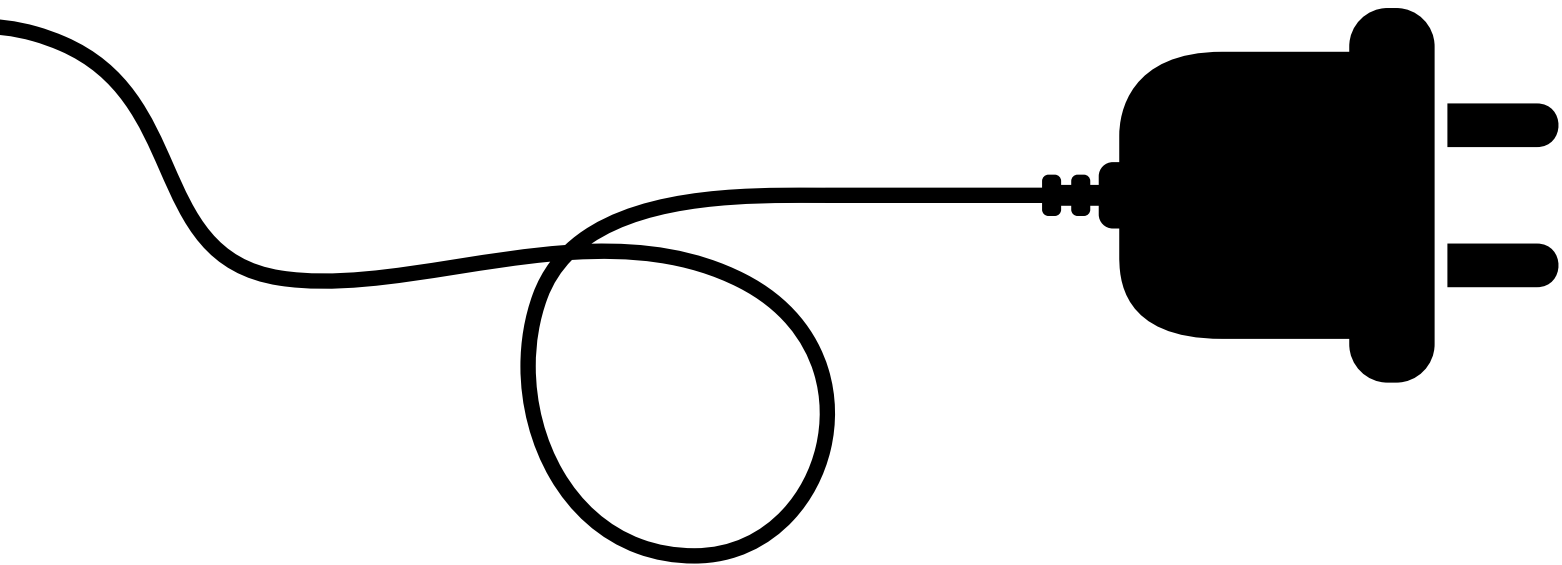
When problem-solving gets stuck

How DO WE RECOGNISE RUMINATION?

A conversation with yourself

What CAN I DO ABOUT IT?

Breaking the cycle



Why DO WE RUMINATE?

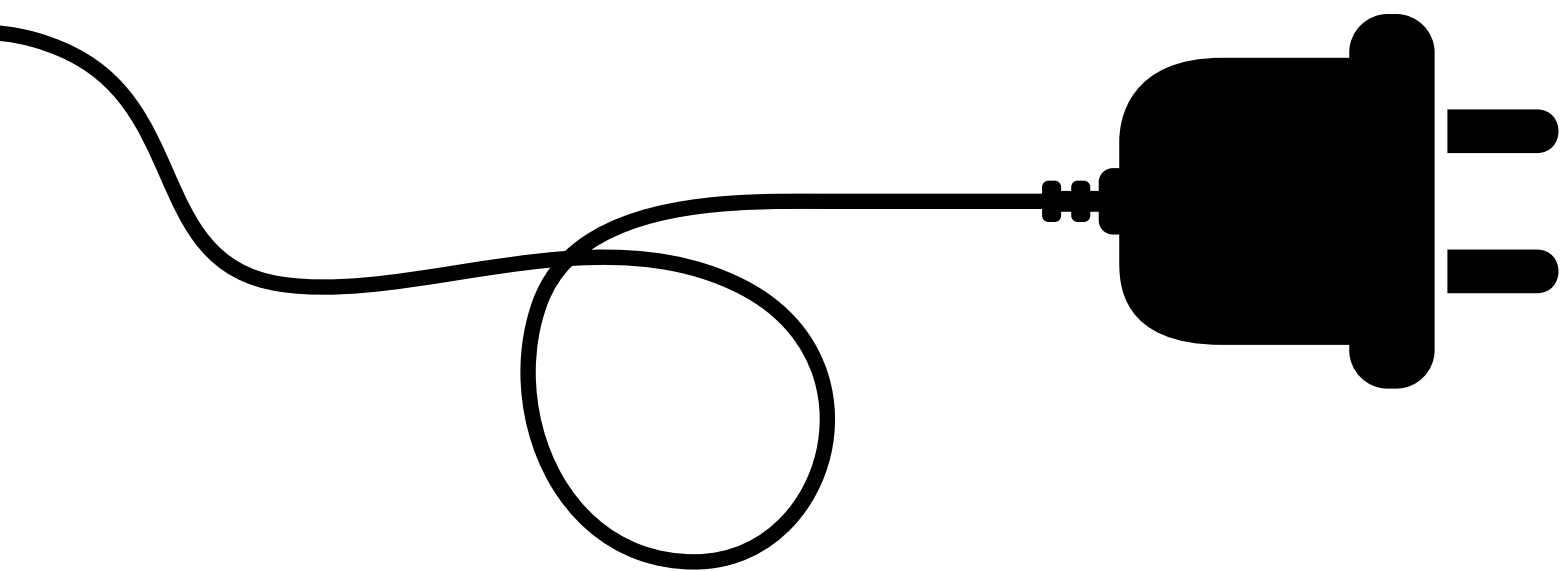
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RUMINATING



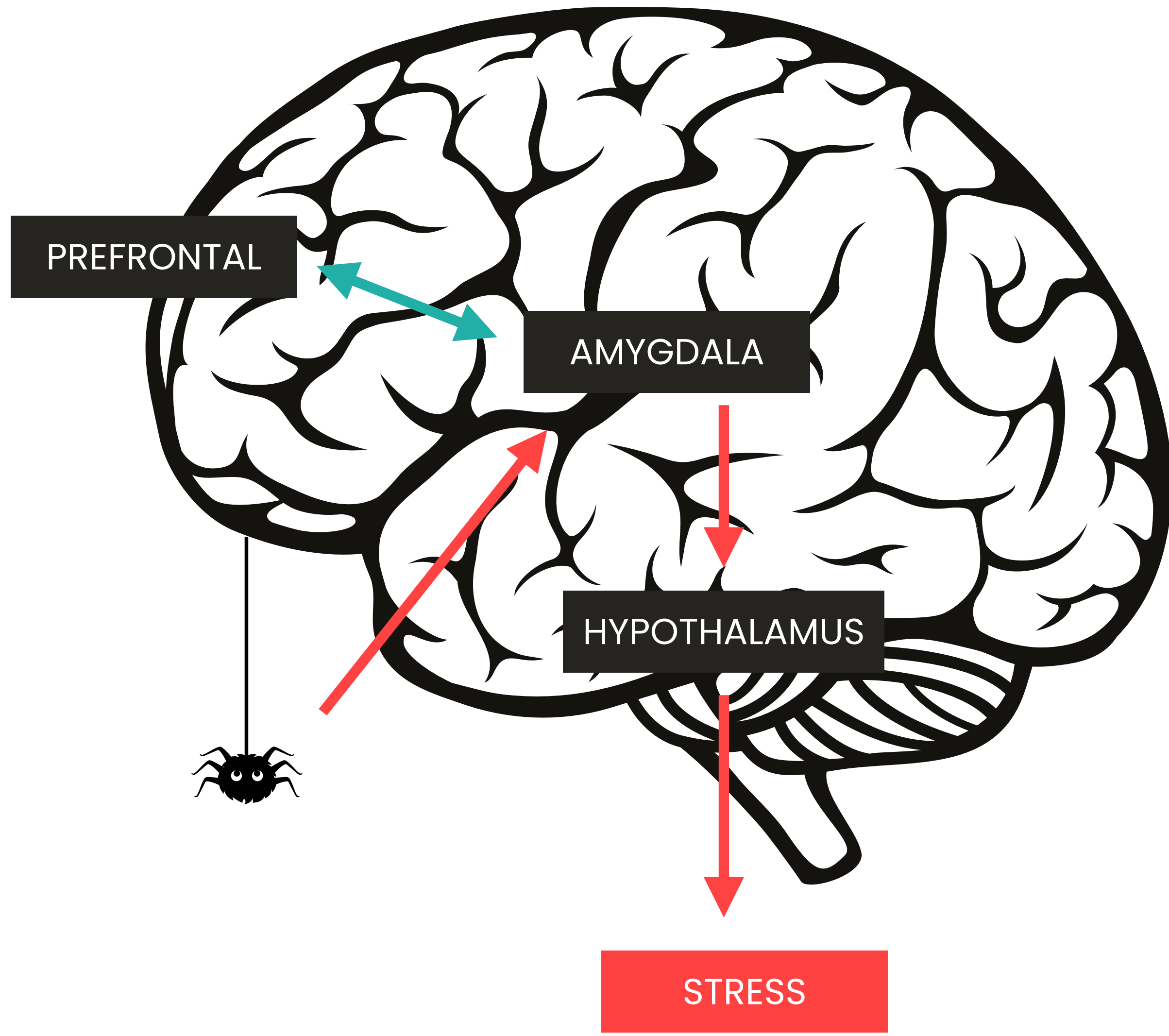
YEAST EFFECT



PARALYSIS

“LET *It* GO”
“Okay, thank you”







EVERY BEHAVIOR HAS
A function

Why DO WE RUMINATE?

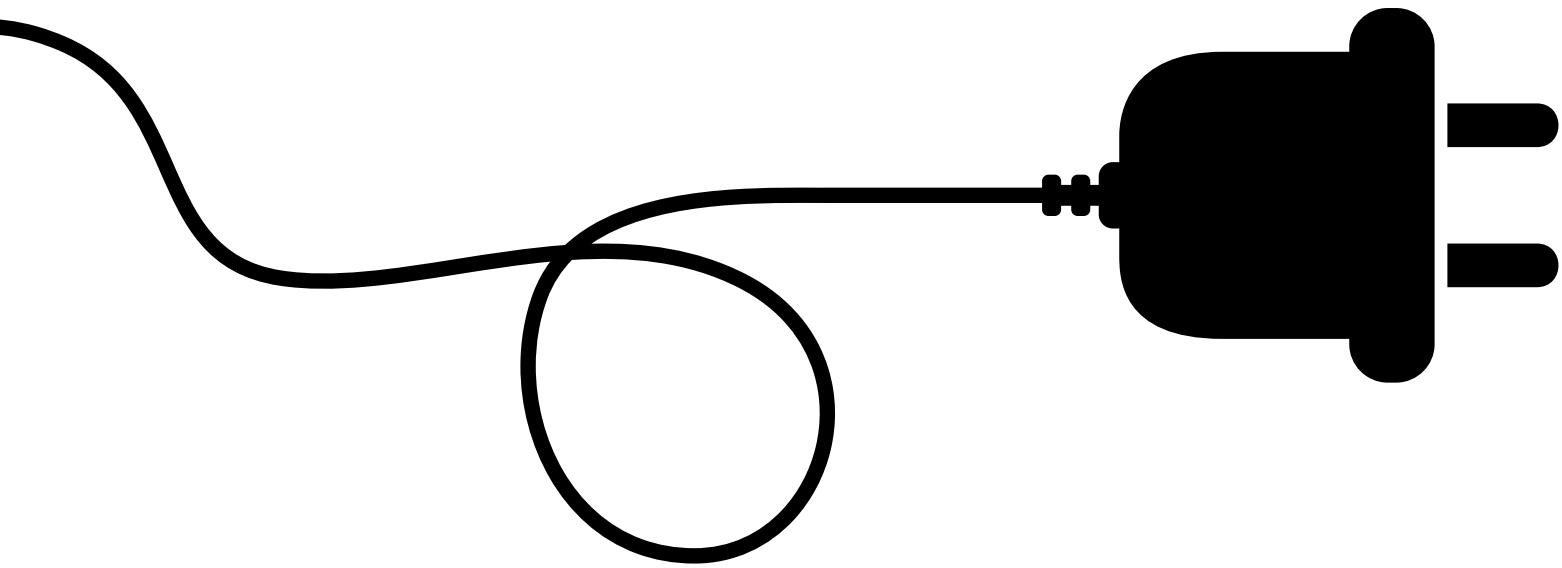
When problem-solving gets stuck

How DO WE RECOGNISE RUMINATION?

A conversation with yourself

What CAN I DO ABOUT IT?

Breaking the cycle





A conversation
WITH
YOURSELF



DON'T THINK
ABOUT A WHITE BEAR

HOW'S
WORK?

HOW'S
WORK?

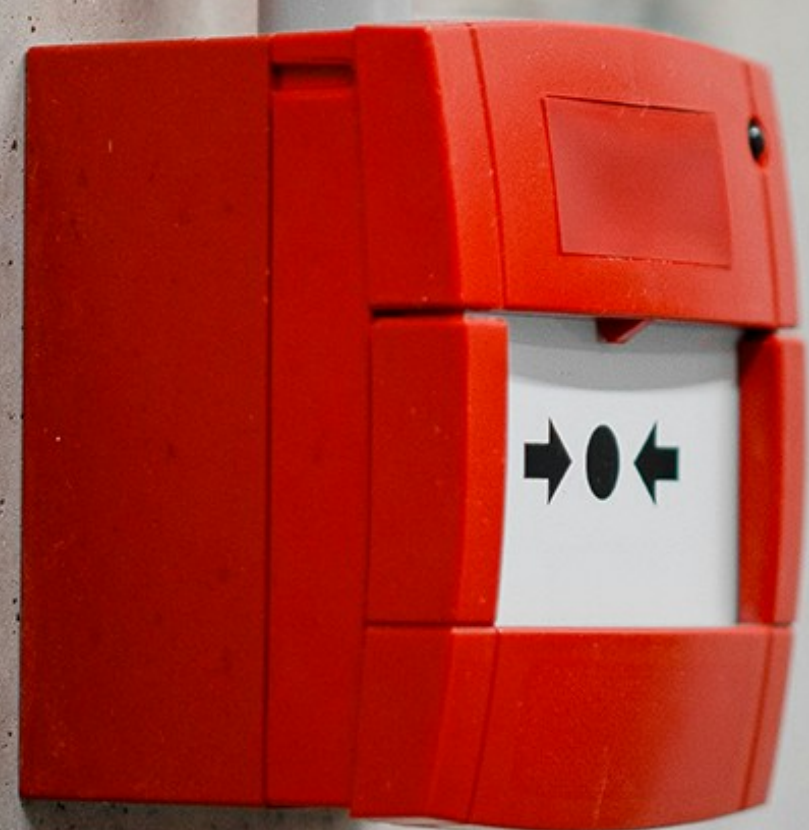


THE

ruminatio

ALARM





THOUGHT
TRIGGERS

Why DO WE RUMINATE?

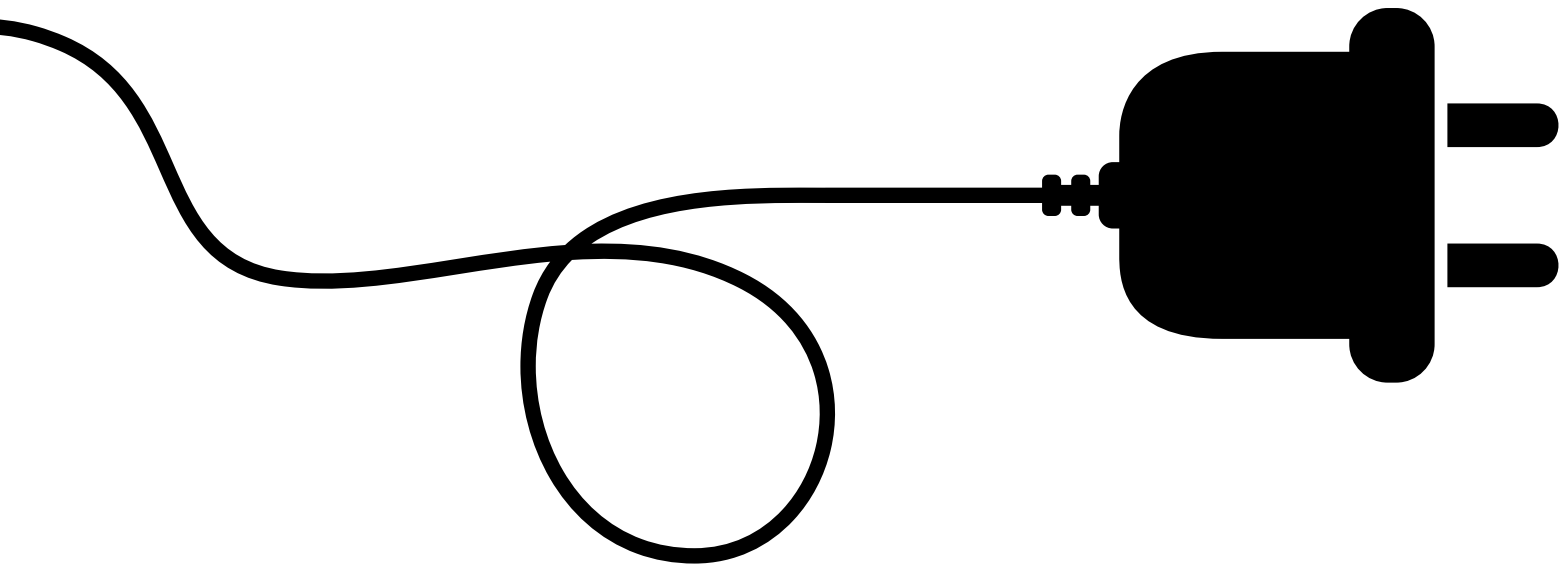
When problem-solving gets stuck

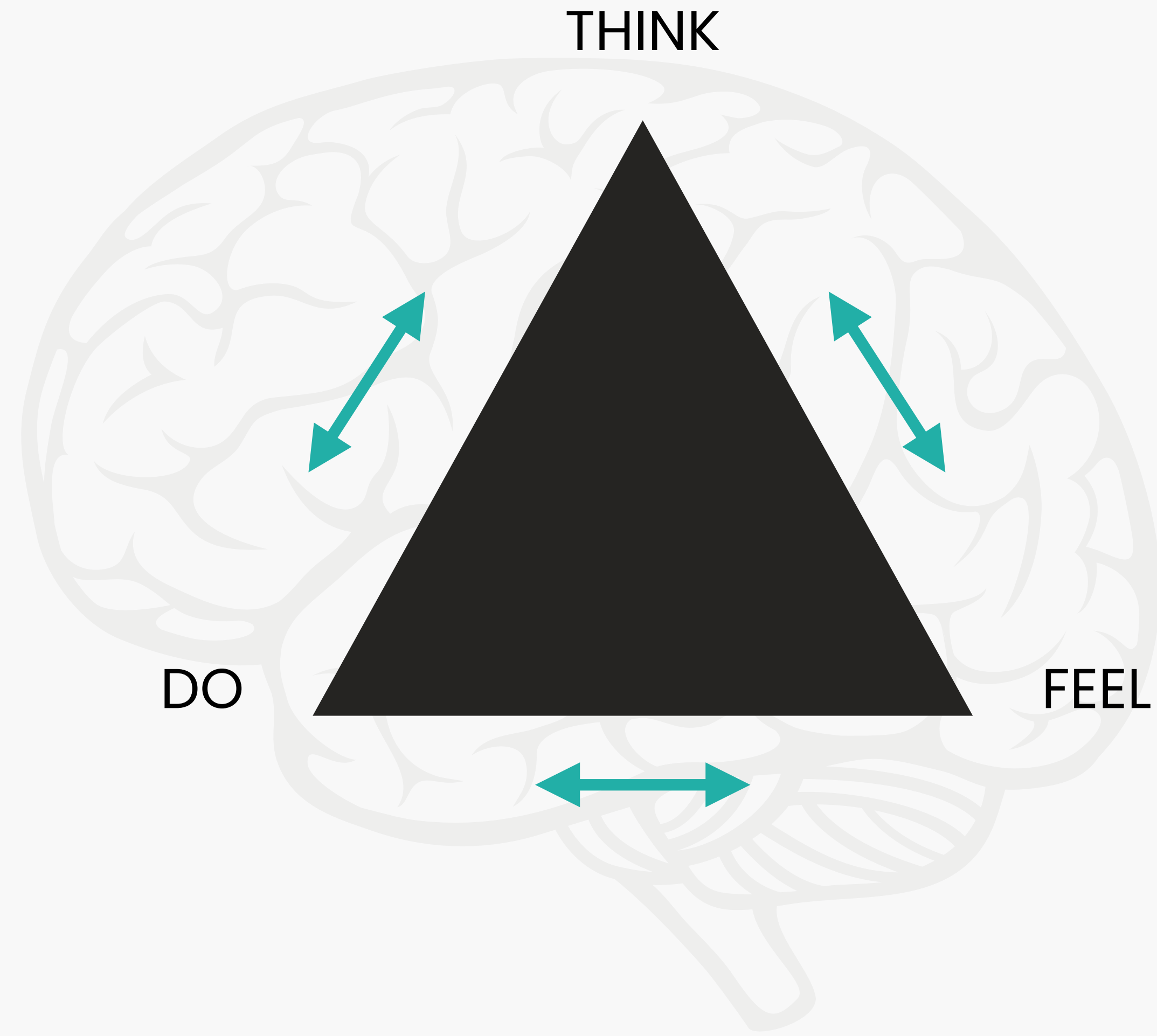
How DO WE RECOGNISE RUMINATION?

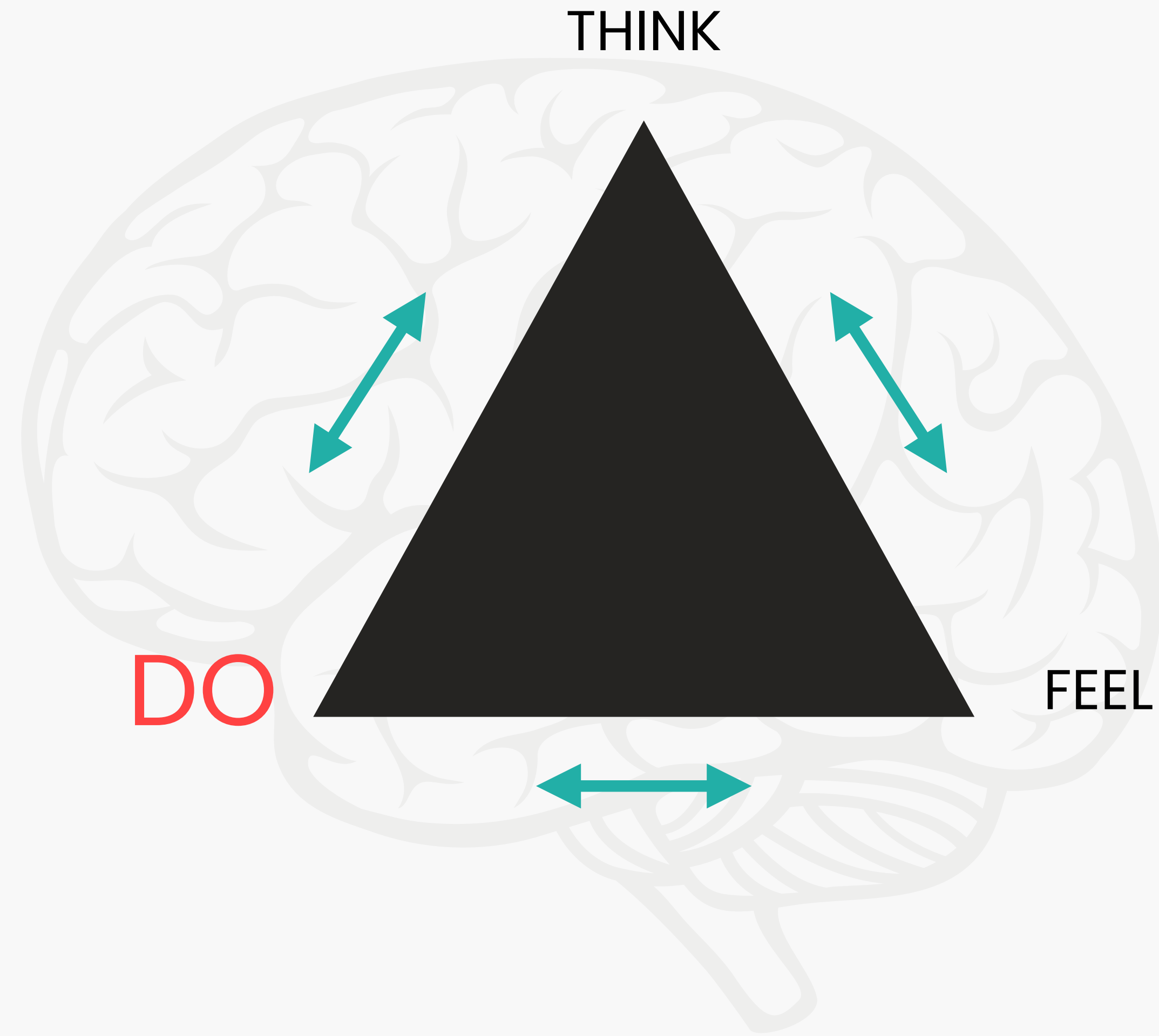
A conversation with yourself

What CAN I DO ABOUT IT?

Breaking the cycle







HOW'S
WORK?

THE *paralysing*
EFFECT

HOW'S
WORK?

ANTI ~~RUMINATION~~ ACTIVITIES

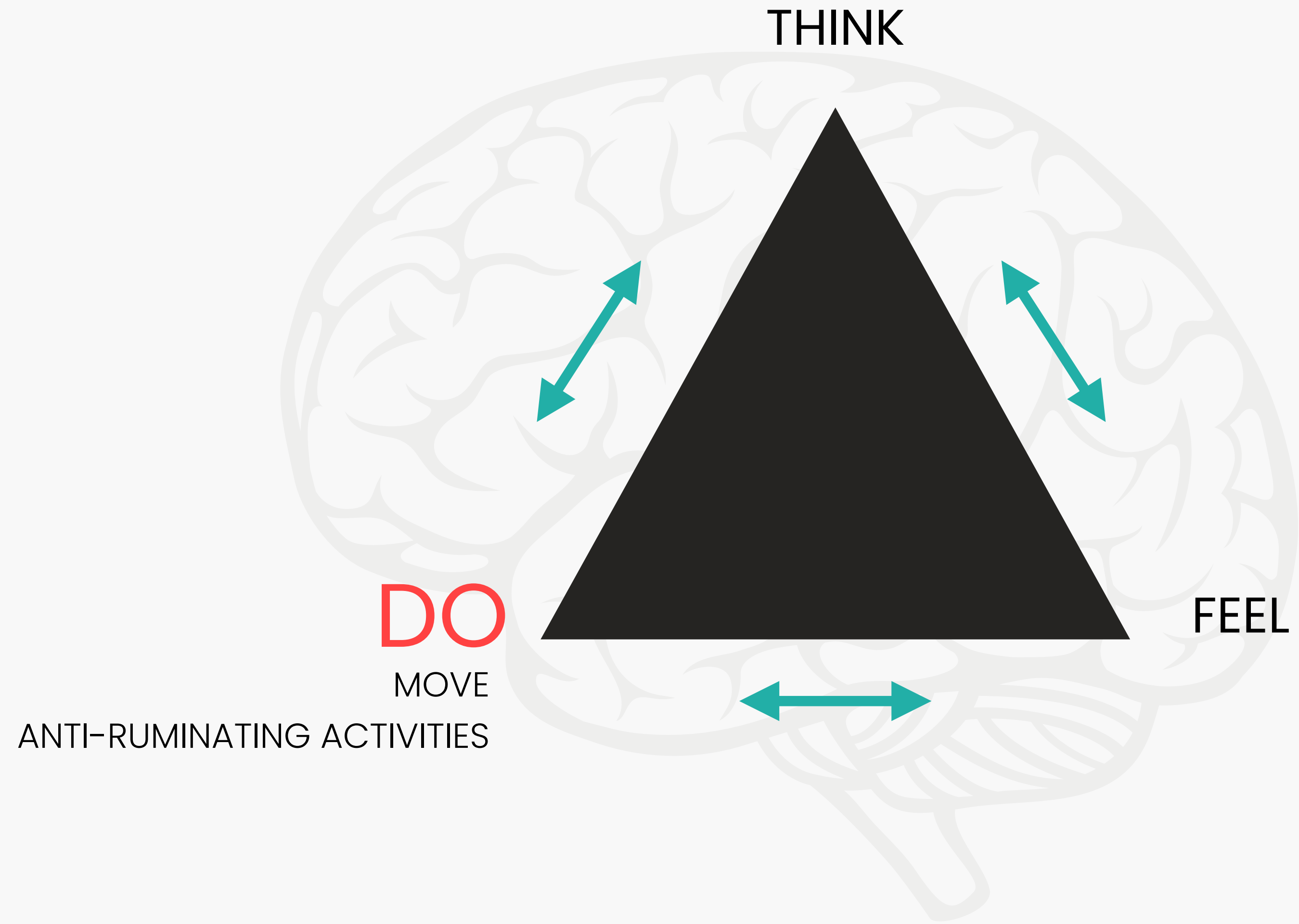


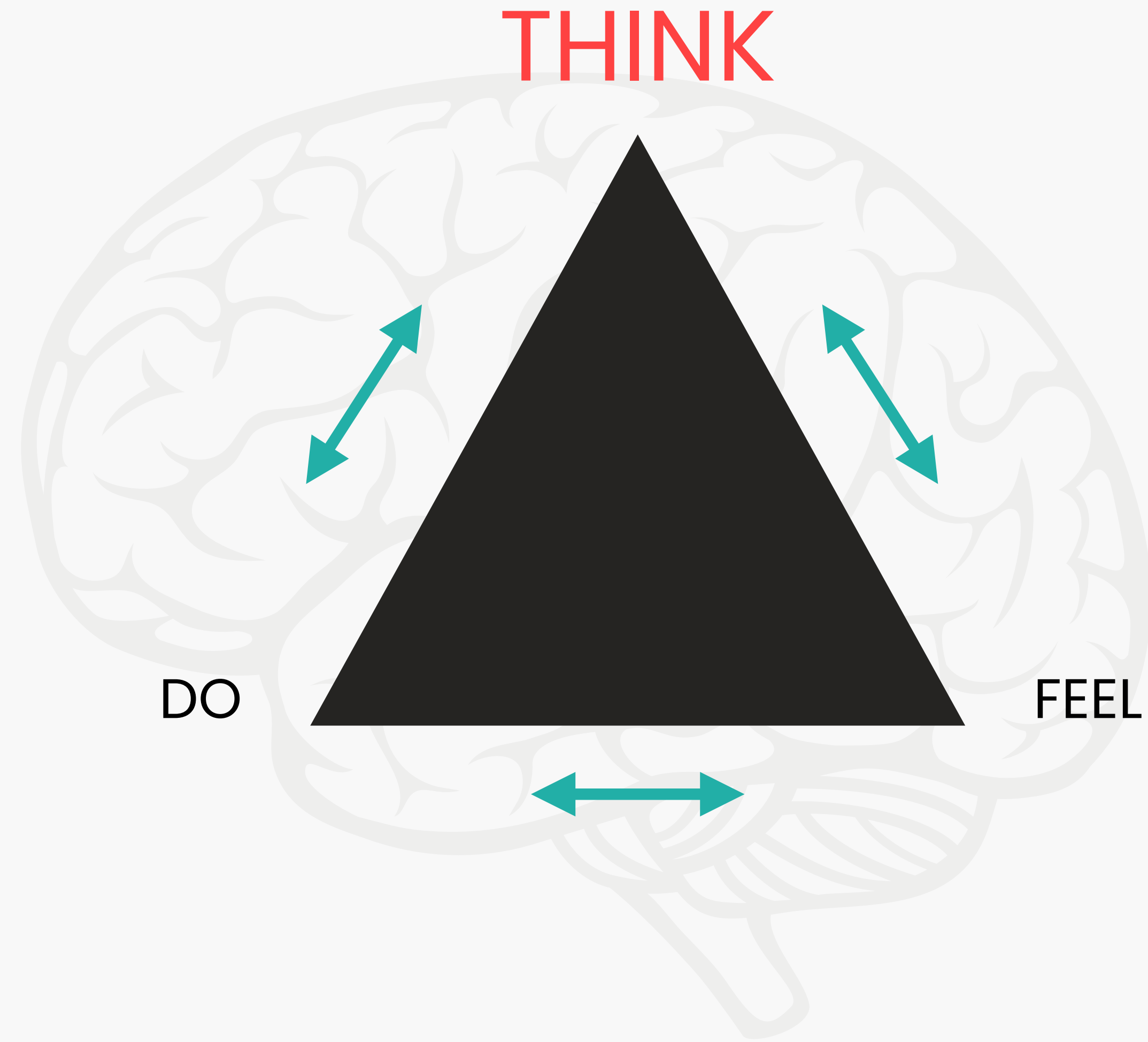
THE SLEEP

paradox

HOW'S
WORK?

Move







THE YEAST EFFECT

IS
THIS
TRUE?



HELPFUL AND
UNHELPFUL
thoughts



BRAIN *twisters*



BRAIN *TWISTERS*

BLACK & WHITE THINKING
WORST CASE SCENARIO
DISMISSING THE POSITIVE
MAGNIFYING THE NEGATIVE
EMOTIONAL REASONING
OVER-GENERALIZING
MIND READING
TAKE THINGS PERSONALLY



COGNITIVE

reframing

Challenge YOUR THOUGHTS

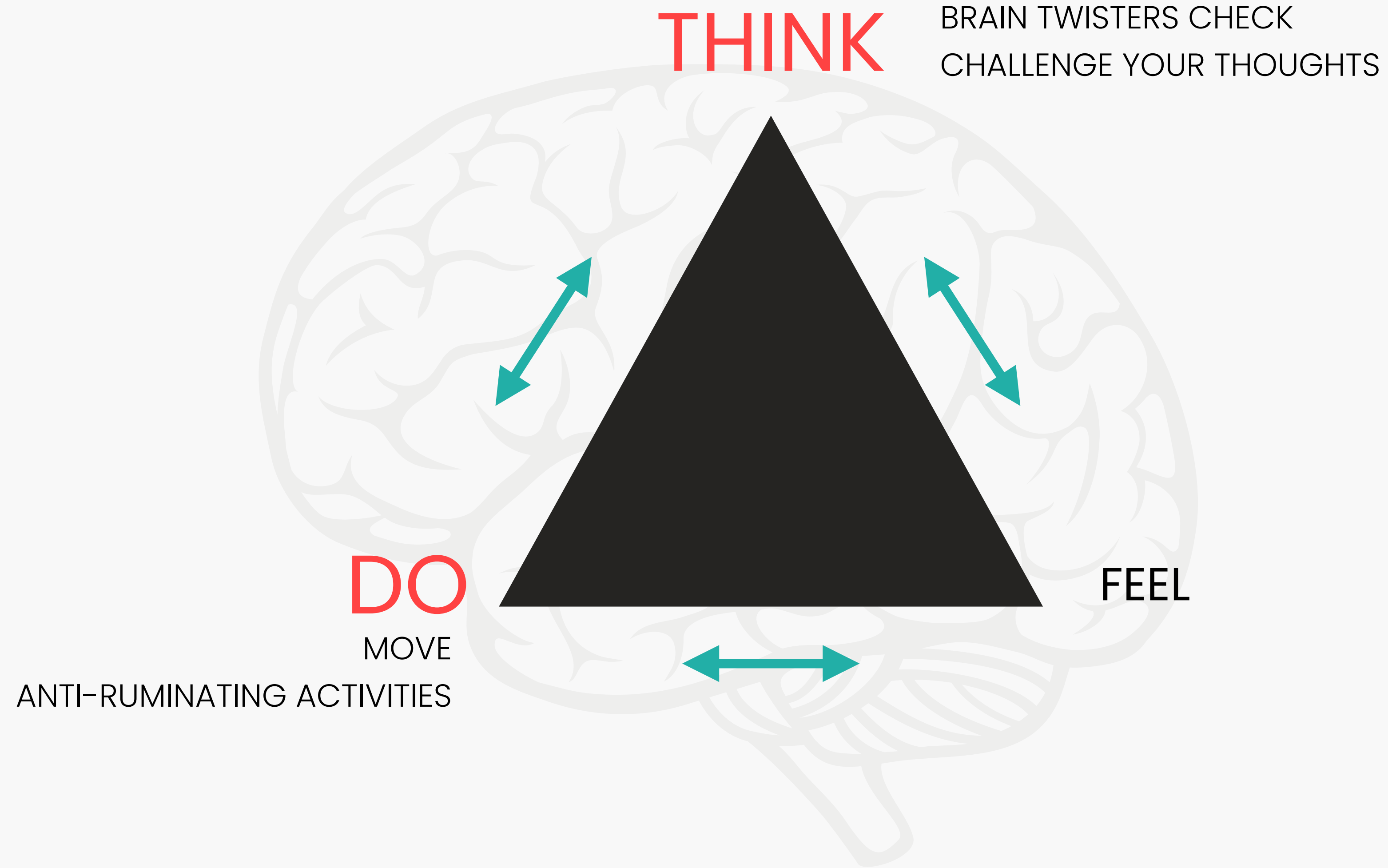
HOW'S
WORK?

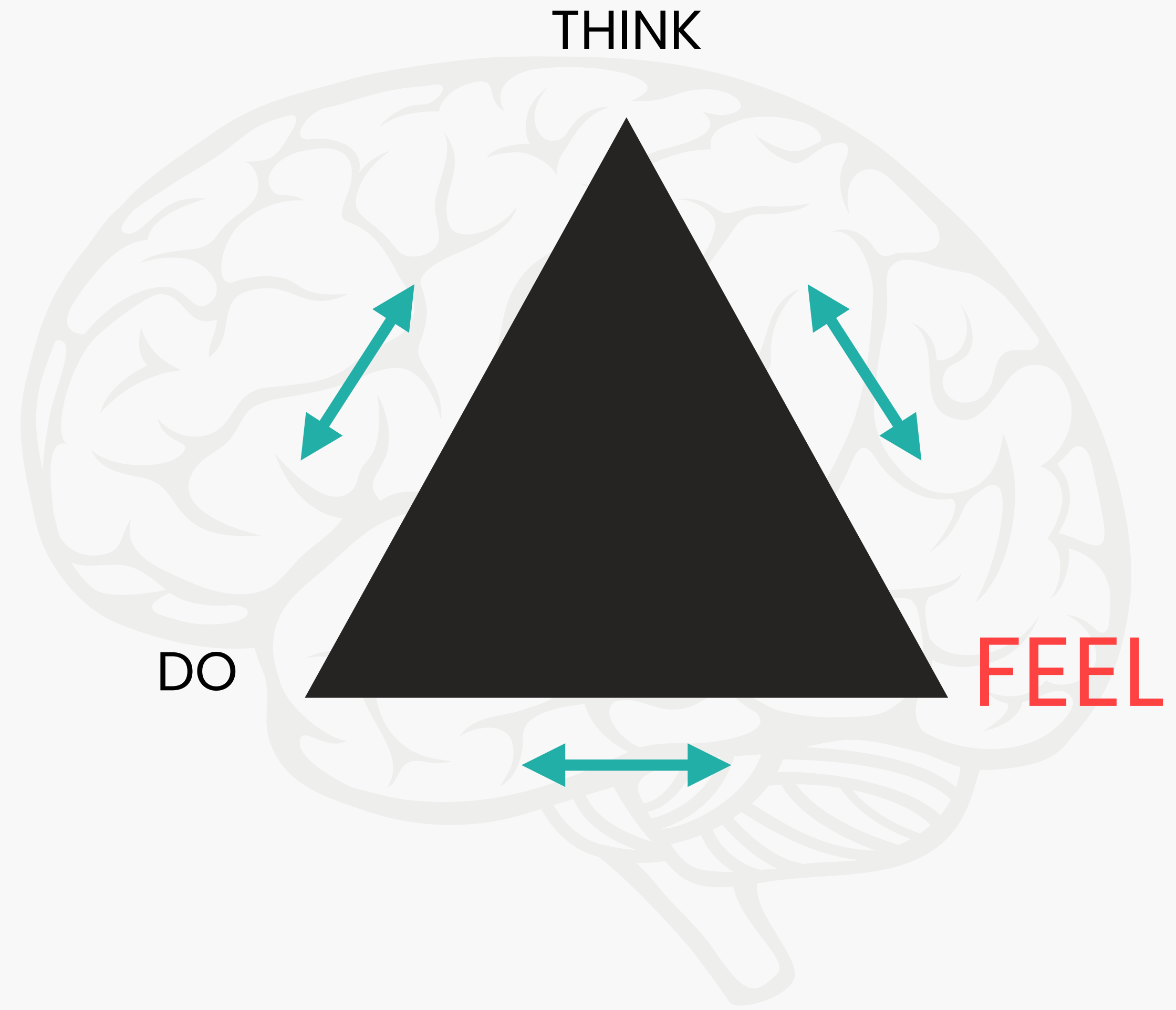
What was the original thought or brain twister?

What makes this thought non-helpful?

How can you reframe this thought to a helping thought?











90-Second
RULE

name it
TO
TAME IT

I AM ...

VS

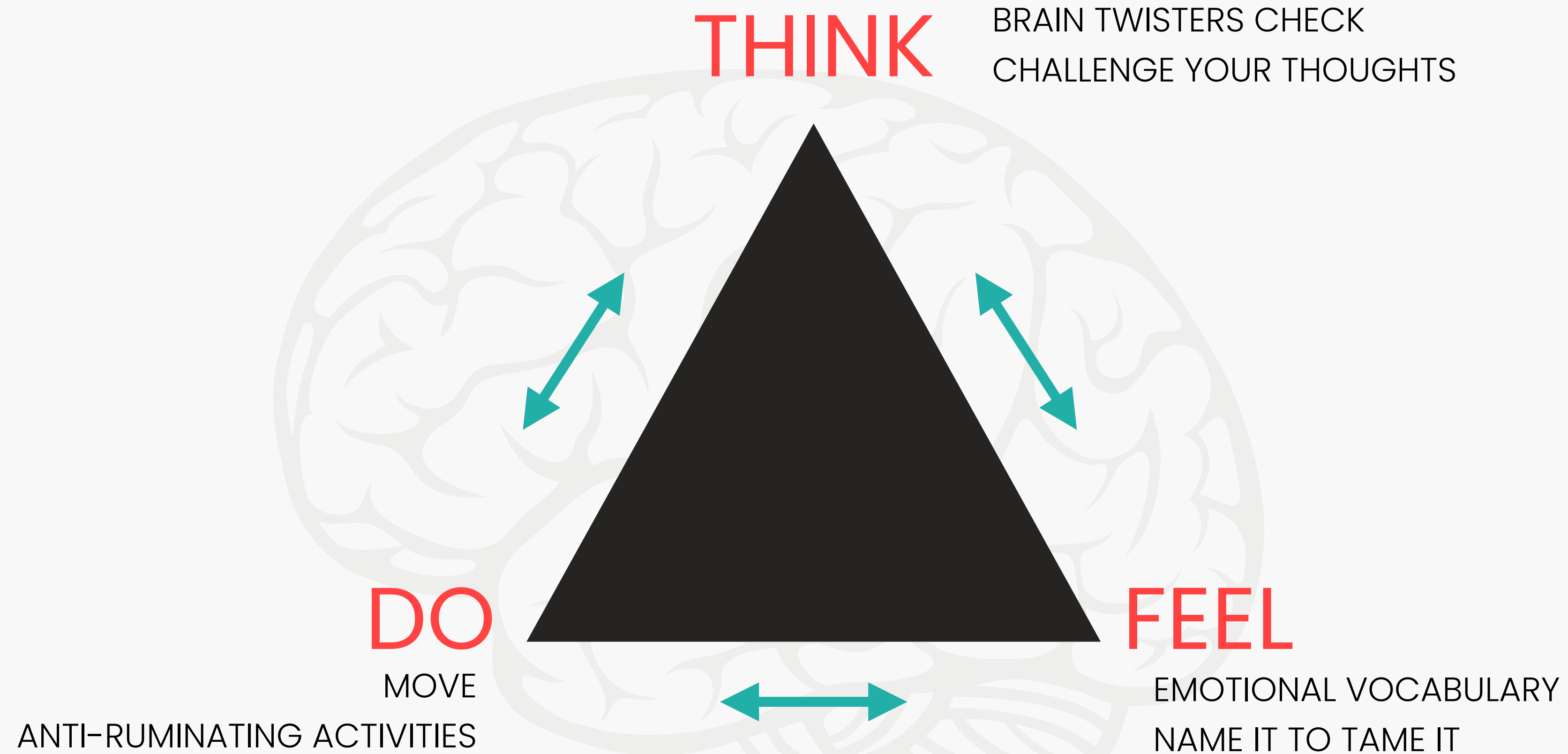
I FEEL ...

name it
TO
TAME IT

EMOTIONAL *vocabulary*

Naming your feelings helps you better navigate your way through peak moments. It can put your own feelings in perspective and gives the associated emotions a chance to be regulated.

- | | | |
|-------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> afraid | <input type="checkbox"/> hateful | <input type="checkbox"/> wobbly |
| <input type="checkbox"/> anxious | <input type="checkbox"/> disdainful | <input type="checkbox"/> restless |
| <input type="checkbox"/> panicked | <input type="checkbox"/> disgusted | <input type="checkbox"/> startled |
| <input type="checkbox"/> dismayed | <input type="checkbox"/> hostile | <input type="checkbox"/> nervous |
| <input type="checkbox"/> anxious | <input type="checkbox"/> disgust | <input type="checkbox"/> upset |
| <input type="checkbox"/> wary | <input type="checkbox"/> upset | <input type="checkbox"/> disheartened |
| <input type="checkbox"/> terrified | <input type="checkbox"/> uneasy | <input type="checkbox"/> annoyed |
| <input type="checkbox"/> petrified | <input type="checkbox"/> uncomfortable | <input type="checkbox"/> angry |
| <input type="checkbox"/> troubled | <input type="checkbox"/> ashamed | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> suspicious | <input type="checkbox"/> guilty | <input type="checkbox"/> irritated |
| <input type="checkbox"/> tired | <input type="checkbox"/> confused | <input type="checkbox"/> impatient |
| <input type="checkbox"/> lifeless | <input type="checkbox"/> pain | <input type="checkbox"/> dissatisfied |
| <input type="checkbox"/> empty | <input type="checkbox"/> alone | <input type="checkbox"/> angry |
| <input type="checkbox"/> listless | <input type="checkbox"/> remorseful | <input type="checkbox"/> furious |
| <input type="checkbox"/> unhappy | <input type="checkbox"/> broken | <input type="checkbox"/> indignant |
| <input type="checkbox"/> jaded | <input type="checkbox"/> tormented | <input type="checkbox"/> envious |
| <input type="checkbox"/> defeated | <input type="checkbox"/> hurt | <input type="checkbox"/> confused |
| <input type="checkbox"/> powerless | <input type="checkbox"/> miserable | <input type="checkbox"/> uncertain |
| <input type="checkbox"/> hopeless | <input type="checkbox"/> dejected | <input type="checkbox"/> dismayed |
| <input type="checkbox"/> helpless | <input type="checkbox"/> tense | <input type="checkbox"/> desperate |
| <input type="checkbox"/> despondent | <input type="checkbox"/> grumpy | <input type="checkbox"/> sad |
| <input type="checkbox"/> vulnerable | <input type="checkbox"/> overwhelmed | <input type="checkbox"/> ----- |
| <input type="checkbox"/> sensitive | <input type="checkbox"/> restless | <input type="checkbox"/> ----- |
| <input type="checkbox"/> insecure | <input type="checkbox"/> nervous | <input type="checkbox"/> ----- |
| <input type="checkbox"/> aversion | <input type="checkbox"/> jealous | <input type="checkbox"/> ----- |



Congratulations!

YOU ARE A HUMAN BEING

YOUR

take-aways ?



HOW'S
WORK?

THANK
YOU!

ATTENDANCE REGISTRATION



757



TRAINING FEEDBACK



757

