

# How to be mentally strong

## Mindfulness

Meditation relieves stress. No place to quietly roll out your mat? Looking out of a window and clearing your mind for five minutes a day can have the same effect.



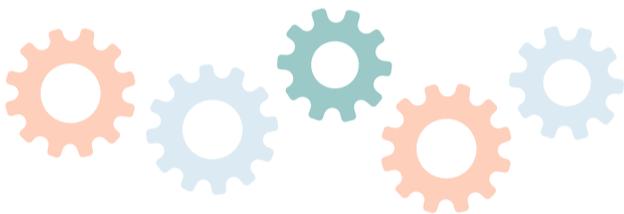
## Dare to say no

1 in 8 workers suffers from work stress. Those are often the people who find it hard to say 'no'. Know your limits and put yourself first, no matter how difficult it may be.



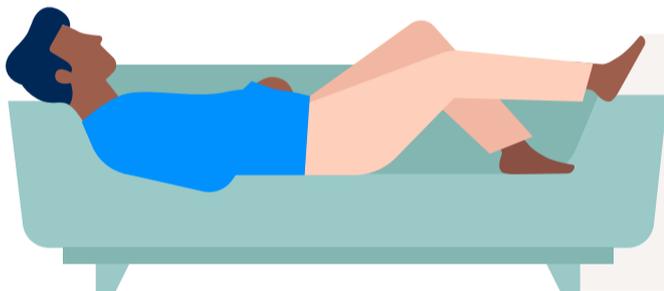
## Job crafting

Job crafting is about making your work more enjoyable. Try making small adjustments to your work activities, so that your work fits your strengths and needs better. This way, you improve your job satisfaction and enthusiasm.



## Stay optimistic

Difficult situation on the work floor? Try not to worry about it for too long. Look at your own contribution to the situation, learn from it and move forward with your head held high. Optimists are happier and improve the atmosphere on the work floor.



## Power nap

Do you feel sleepy during the day? Take a power nap. Fifteen minutes of sleep reduces stress and strengthens the immune system.

## Focus

Try to resist the constant stimuli from your email, telephone and colleagues. Professor of neuropsychology Erik Scherder cannot stress it enough: Stop multitasking!



## Positieve insteek

Een goed humeur draagt bij aan een verhoogde productiviteit en het accurater uitvoeren van taken. Met een positieve benadering bereik je meer en ben jij beter bestand tegen stressvolle situaties.



## Productive flow

Do you find your work too simple or too difficult? Neither is optimal. Look for light challenges in your work. This way, you get into the 'Flow State' faster. This is a state of mind in which you experience happiness.



## Meaningful goal

Actively seek meaning in your work. A meaningful goal or purpose ensures better motivation and drive, but also reduces the chance of having a heart attack by 19%

