

Even if you are in a top condition, your energy level is limited. Just like with a battery you need to reload it regularly. Therefore, it is important to have a clear view on what **gives** you energy. Probably it isn't hard to think of activities in your free time that charge your batteries. But did you know that even at work you can find the right resources?



THINGS AT WORK THAT BOOST YOUR ENERGY:

- ☐ A positive teamspirit
- ☐ Appreciation
- ☐ Autonomy
- ☐ Learning opportunities
- ☐ Showing off your talent
- ☐ ...



DO YOU KNOW WHAT RELOADS YOUR BATTERY? IF SO, WHAT ACTION COULD YOU TAKE TO BRING MORE ENERGY BOOSTERS INTO YOUR LIFE ?

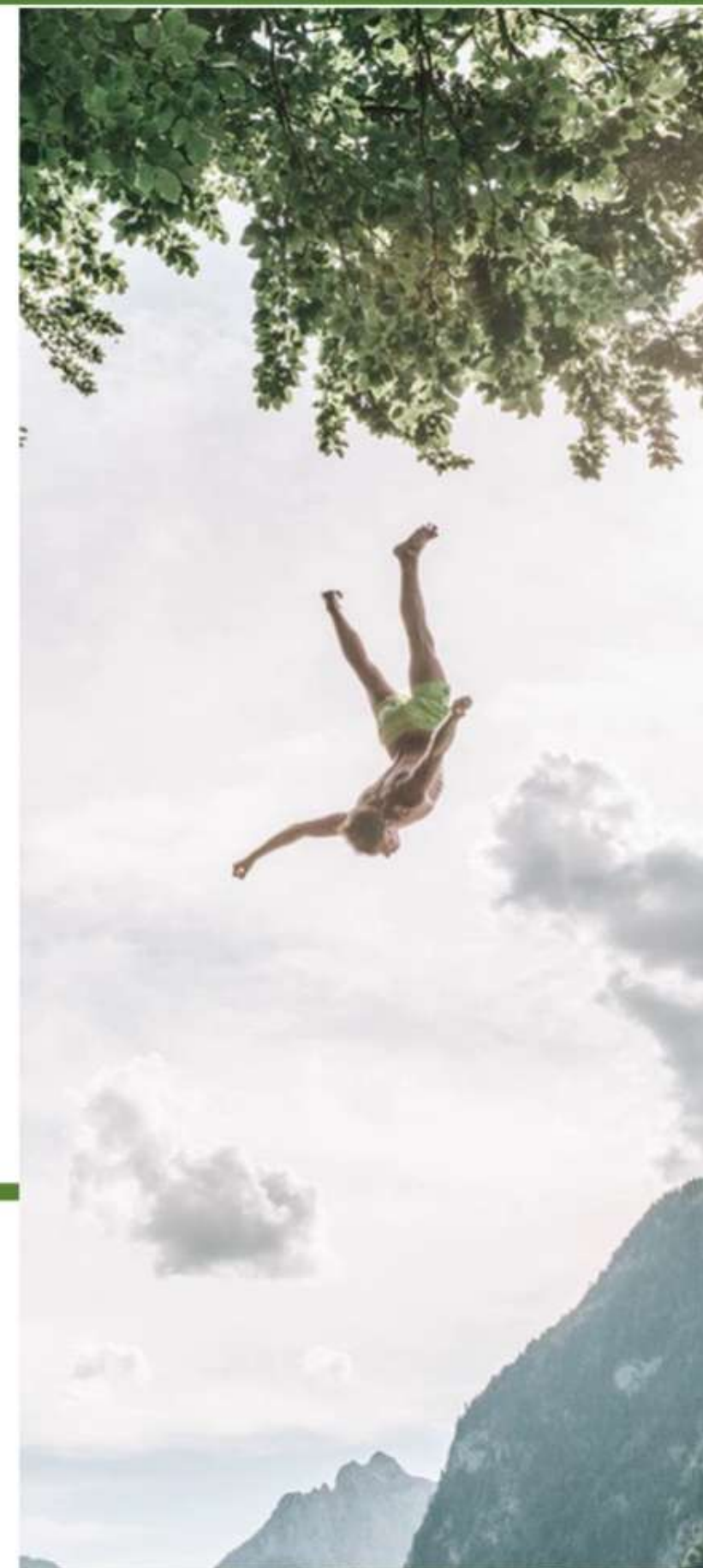
POSITIVE STRESS OR DISTRESS ?

Stress isn't necessarily a bad thing: people need some adrenalin to perform at their very best. But this only holds true up to a certain point. When a healthy tension transforms into high levels of stress, performance and productivity are likely to be negatively affected. Notice that this "ideal stress level" is not the same for everybody.

NOT EVERYONE LIKES BUNJEE-JUMPING







HOW WELL DO YOU KNOW YOUR BODY? A GIVEN AMOUNT OF STRESS MAY BE THE PERFECT MOTIVATOR FOR YOUR COLLEAGUE, YET PARALYSING FOR YOU. BEING AWARE OF THIS IS KEY!



Let's talk to each other...

ENERGY TALKS

At least two times a month,
we should:

-  Name one thing we're happy about
-  Name one idea we want to talk about
-  Name one thing we're sad about
-  Praise a colleague

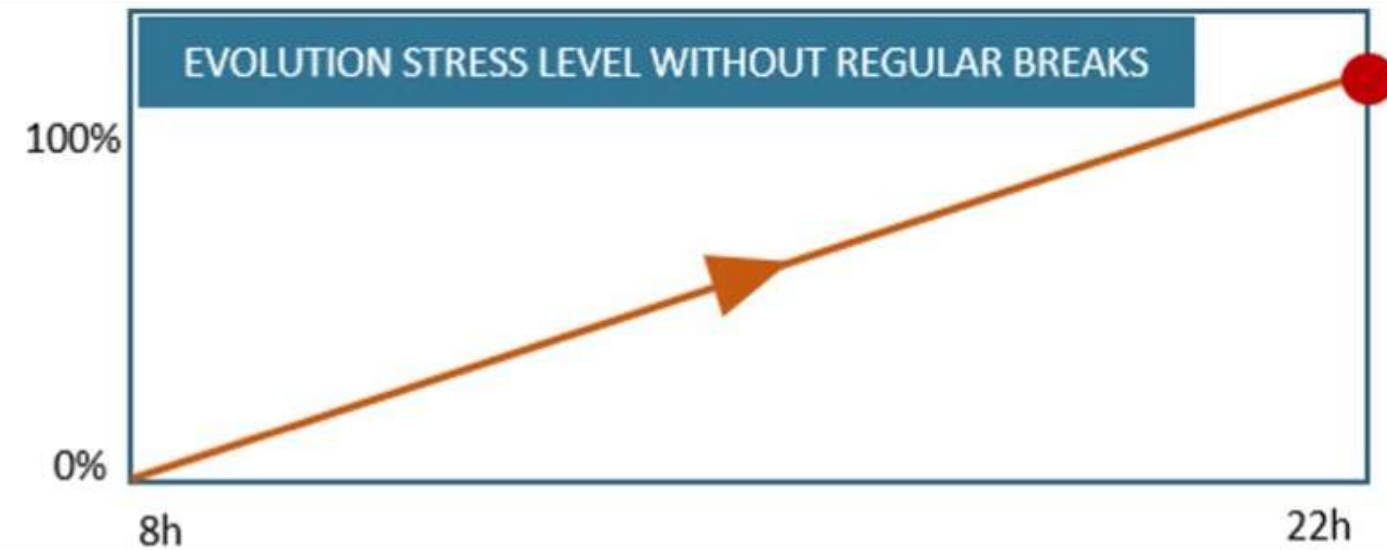
 WHEN ARE YOU PLANNING THESE
ENERGY TALKS WITH YOUR TEAM?

Energy matrix

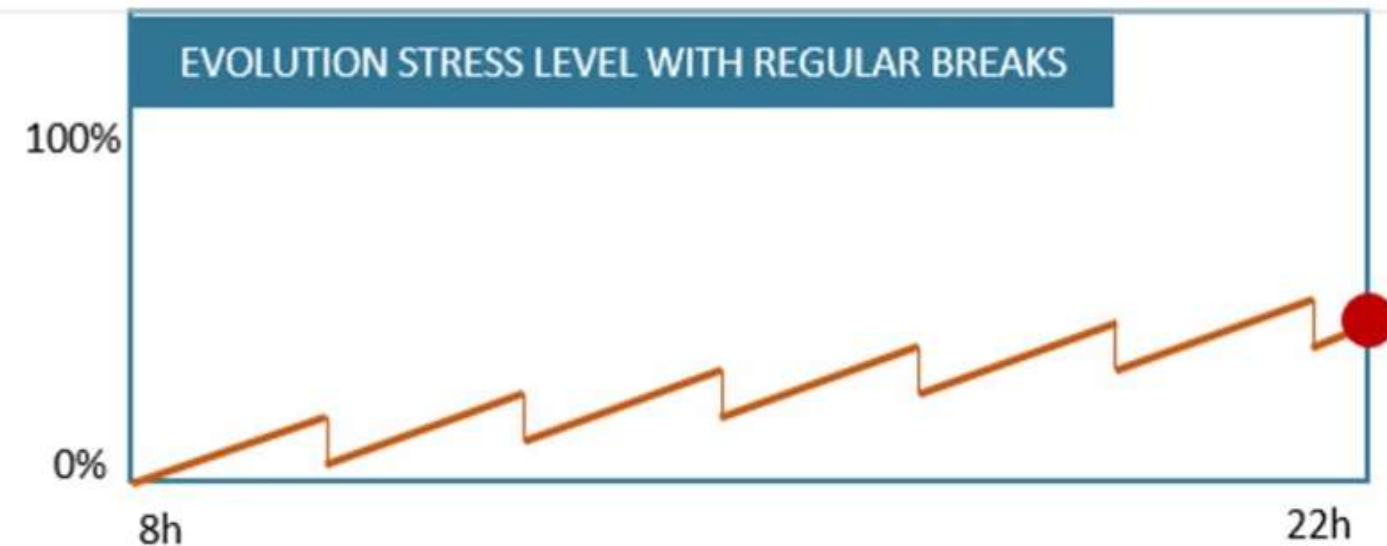


Excessive stress makes you sleep badly. And poor sleep causes stress. So the sooner you get out of this negative spiral, the better. But how?

If you work in a stressful environment and you don't do anything to keep your stress level down, it might be through the roof by the end of the day. After all, you can't expect your body to easily absorb the tension of a whole day.



But with regular breaks during the day, you keep your cortisol levels manageable. As a result, you won't have to close a huge gap by the time you go to bed.



MAKE SURE WHY NOT USE THE ALARM OF YOUR SMARTPHONE TO REMIND YOU TO TAKE A BREAK EVERY 2 HOURS. THEN, DO SOMETHING RELAXING FOR AT LEAST 10 MINUTES: GET SOME FRESH AIR, HAVE A CHAT WITH A COLLEAGUE, GO GET A DRINK... OR SIMPLY CALL YOUR FRIENDS 😊