SHITSHOW – Agentur für psychische Gesundheit

HUMANS AT HOME

Online Training for Psychohygiene & Self-Care

Handout

Agenda

What do we need to stay healthy?

How can self care work?

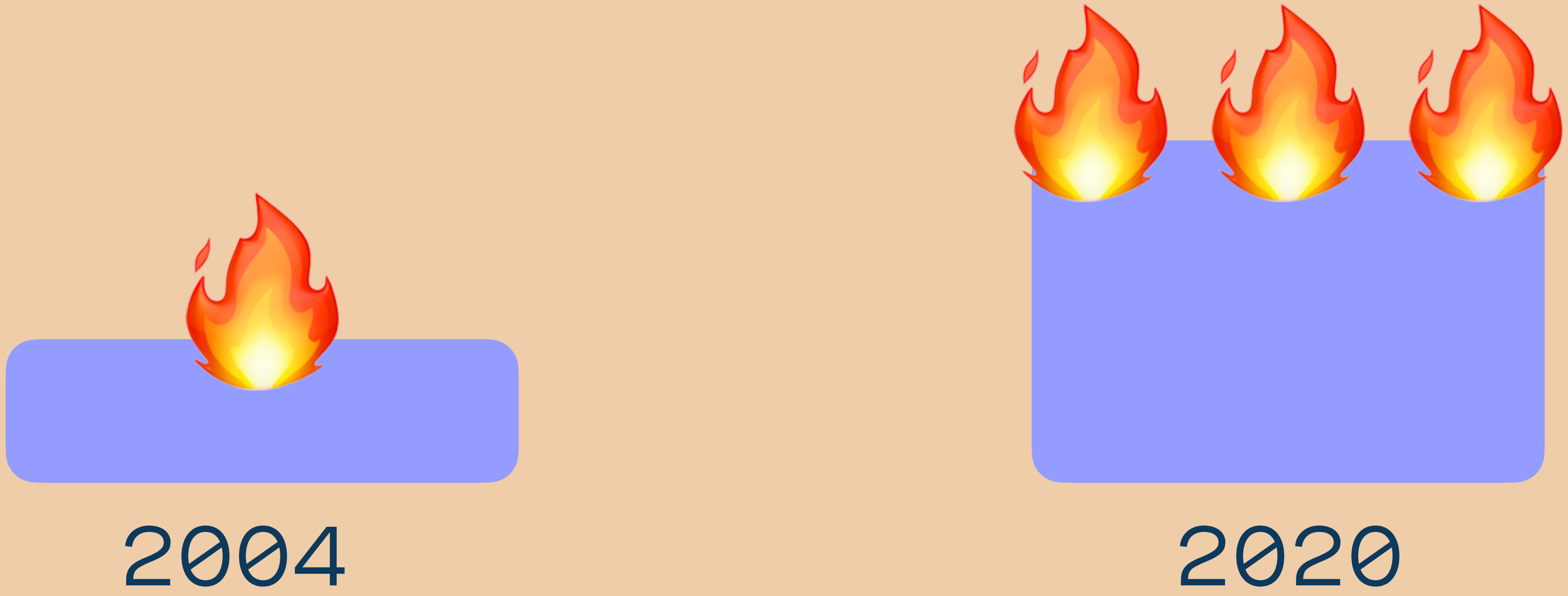
How can I create more structure?

Characteristics of new work environments

- 📬 More communication & availability
- 👀 Stronger identification with one's job
- ☝️ More self-control and responsibility
- 🌪️ Blurred boundaries between ‚life' & ‚work'

Steidelmüller (2018)

Dissolution of work boundaries and increase of burnout cases



0.6 cases of incapacity to work (AU)
per thousand members due to burnout

5.5 cases of incapacity to work (AU)
per thousand members due to burnout

Meyer et al. (2021)

Needs 👀

Examples

- Food
- Sleep
- Hydration
- Exercise
- Belonging
- Security
- Control
- Freedom
- Self-actualization
- Recognition
- Relaxation
- ...

Unmet Needs

Fatigue

Nervousness

Tension

Headache

...

Irritation

Strategies

Self Care

Time Boxing

Self-Care

Routines

- provide structure & predictability
- buffer negative effect of stress on mental health
- specially useful in times of crises

Movement

- reduces stress hormones
- activates the dopamine system
- increases well-being & reduces negative affect

Breath

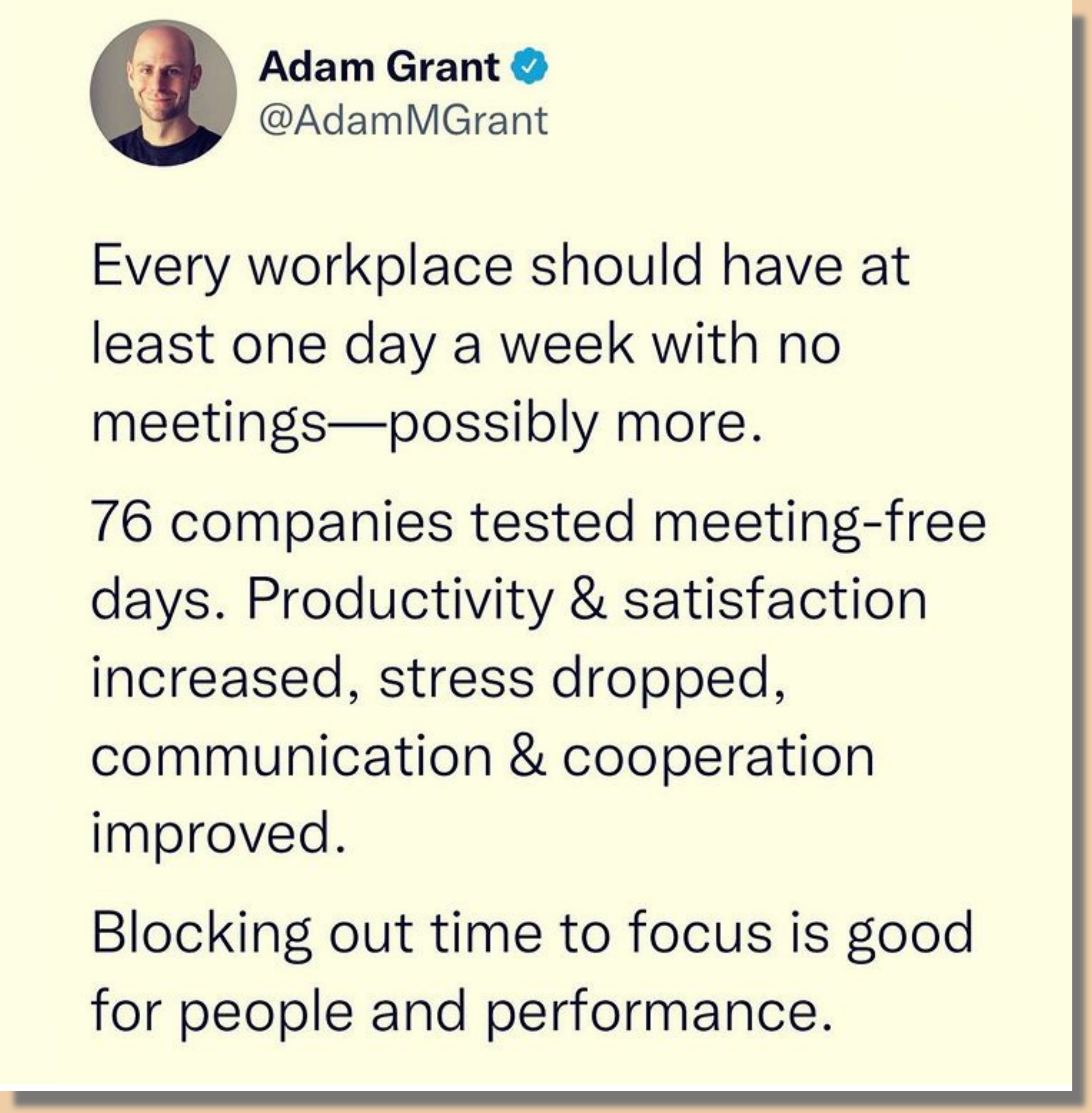
- activates parasympathetic nervous system
- reduces stress
- triggers a ‚relaxation mode‘

Balance

- prevents burnout
- helps to regenerate from work
- positive effect on professional and private relationships

Time Boxing

Structure	• There is no such thing as multi-tasking but task-switching.
Deep Work	• Having a phone in sight can decrease productivity by 26%. • After an interruption it takes averagely 23min to return to the topic.
Availability	• Constant availability increases stress and decreases well-being in teams.
Breaks	• Active breaks boost recovery AND performance.



Adam Grant
@AdamMGrant

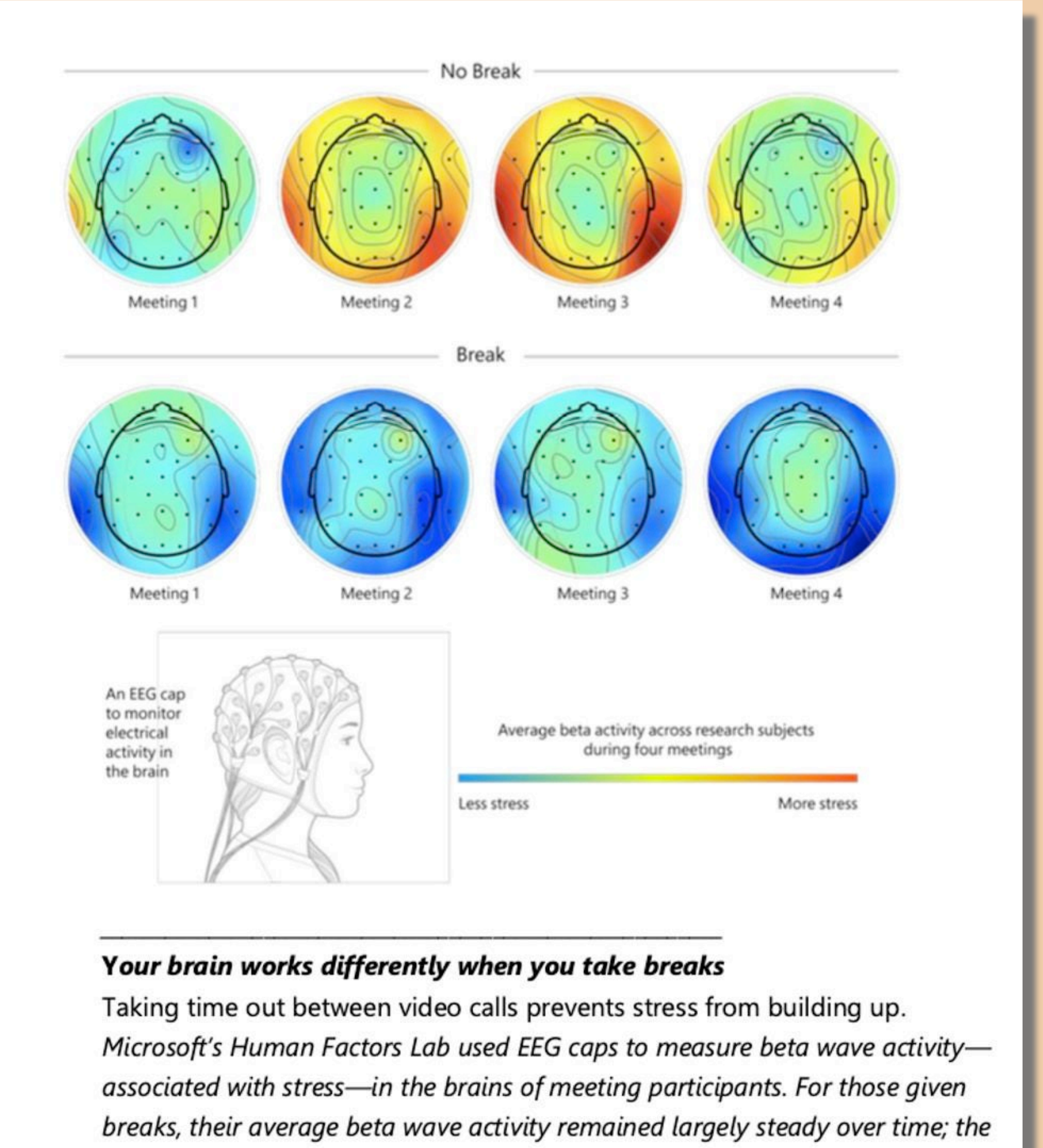
Every workplace should have at least one day a week with no meetings—possibly more.

76 companies tested meeting-free days. Productivity & satisfaction increased, stress dropped, communication & cooperation improved.

Blocking out time to focus is good for people and performance.

Laker, Pereira, Budhwar, & Malik (2022)

Pausen



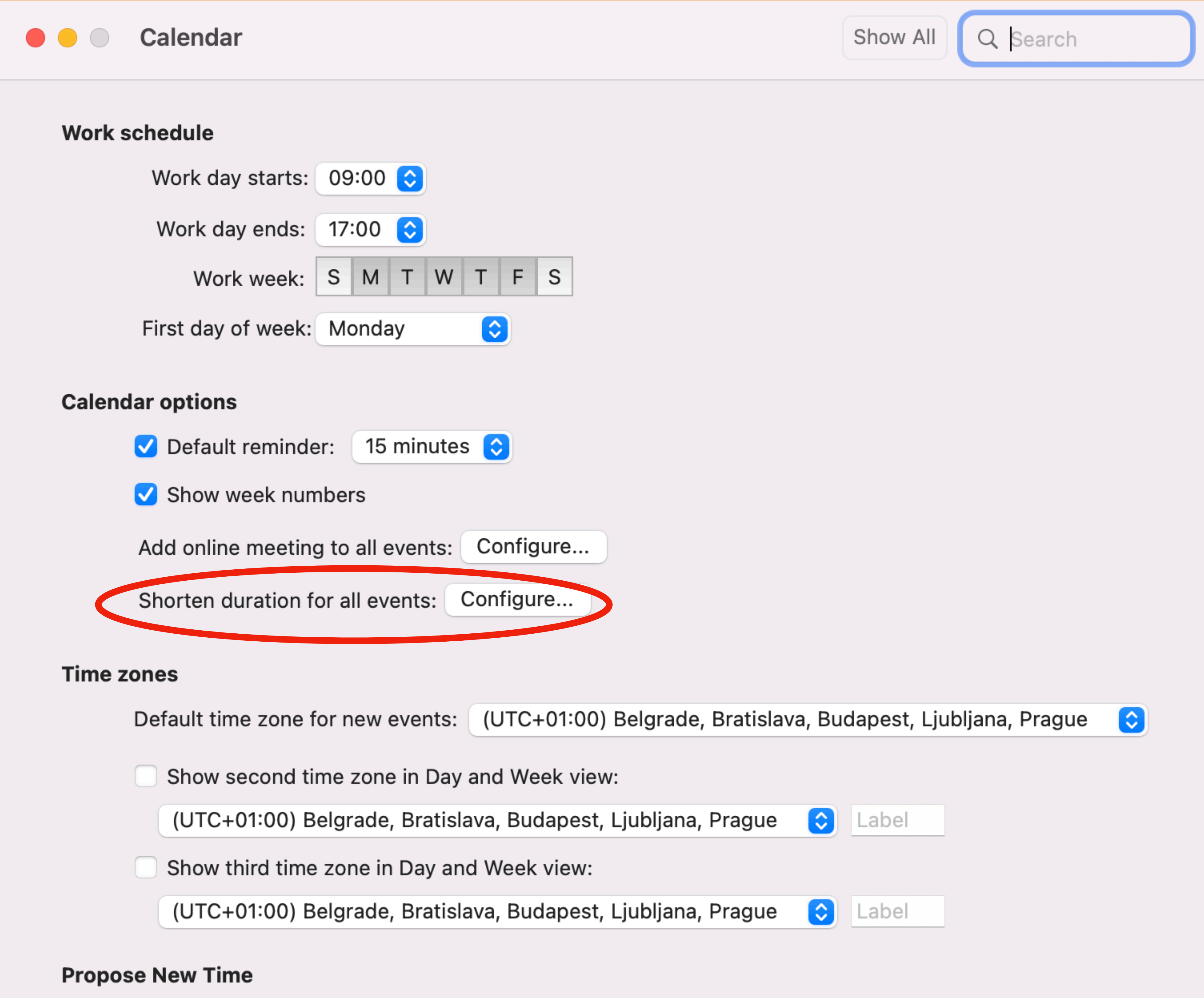
Your brain works differently when you take breaks

Taking time out between video calls prevents stress from building up.

Microsoft's Human Factors Lab used EEG caps to measure beta wave activity—associated with stress—in the brains of meeting participants. For those given breaks, their average beta wave activity remained largely steady over time; the

Microsoft's Human Factors Lab (2021)

Outlook Tipp



Work schedule

Work day starts: 09:00

Work day ends: 17:00

Work week: S M T W T F S

First day of week: Monday

Calendar options

☑ Default reminder: 15 minutes

☑ Show week numbers

Add online meeting to all events: Configure...

Shorten duration for all events: Configure...

Time zones

Default time zone for new events: (UTC+01:00) Belgrade, Bratislava, Budapest, Ljubljana, Prague

☐ Show second time zone in Day and Week view:

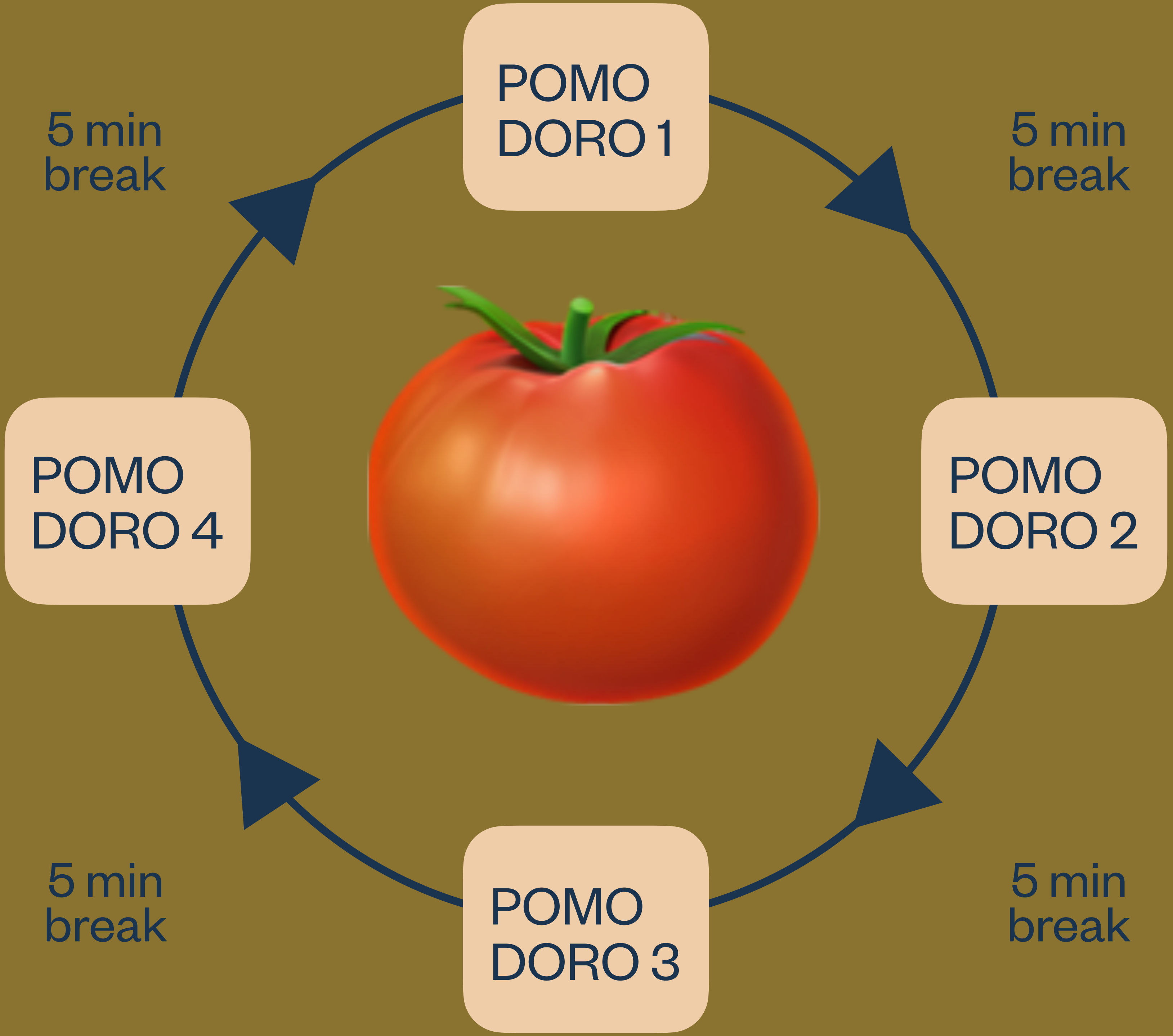
(UTC+01:00) Belgrade, Bratislava, Budapest, Ljubljana, Prague Label

☐ Show third time zone in Day and Week view:

(UTC+01:00) Belgrade, Bratislava, Budapest, Ljubljana, Prague Label

Propose New Time

TOOL



POMO DORO 1

5 min break

POMO DORO 2

5 min break

POMO DORO 3

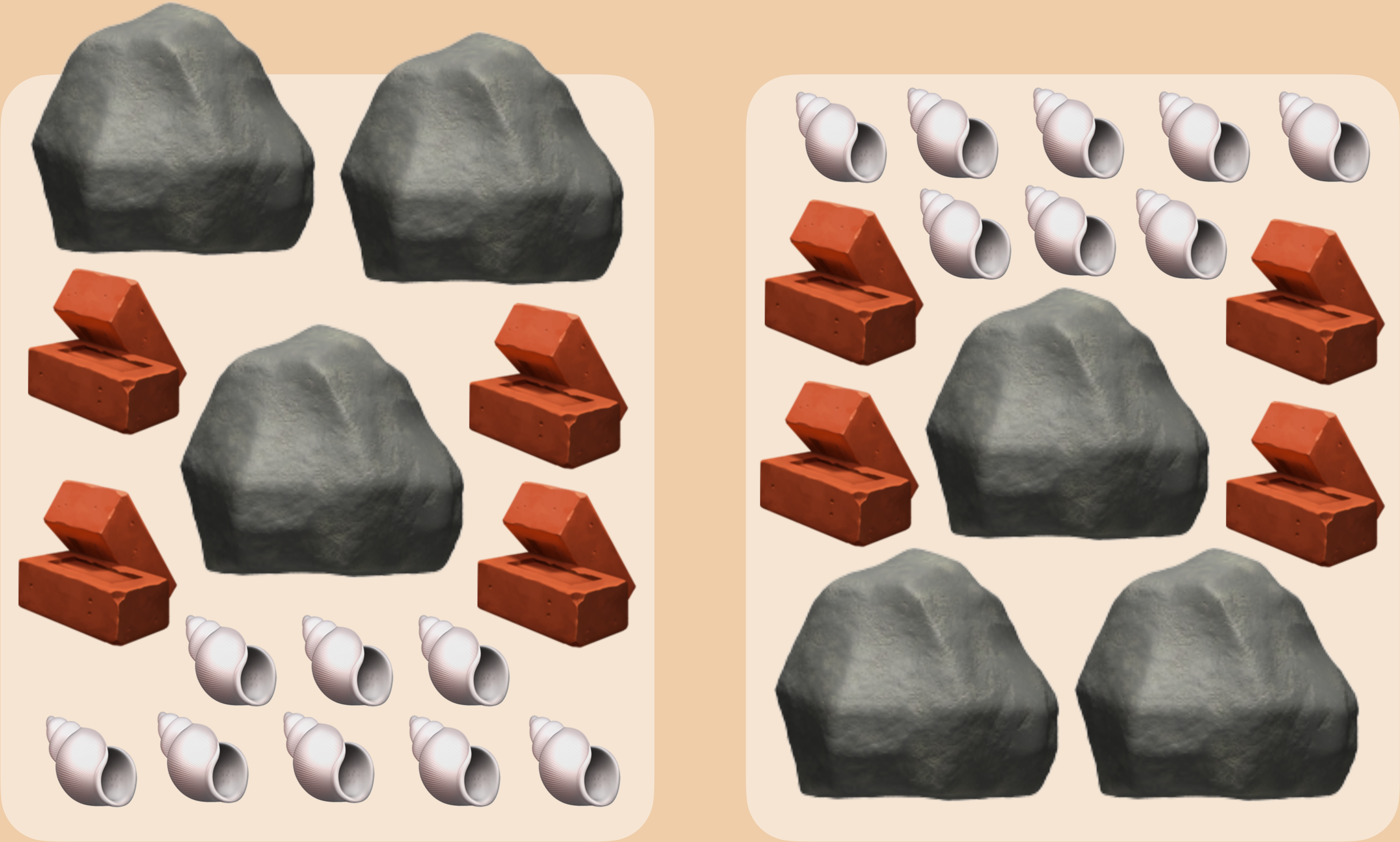
5 min break

POMO DORO 4

5 min break

Cirillo (2018)

The order is key



Covey (2020)

WOOP Methode

Wish

What do I wish for?

Outcome

What would that feel like?

Obstacle

What could hold me back?

Plan

What can I do about it?

BOUNDARIES

Every "no" is also a "yes".

SHIT SHOW

AKE AWAY TAKE AWAY TAKE AWAY TAKE

1. In order to stay healthy, pay active attention to your needs.
2. Self care can be many things: exercise, check-ins or routines.
3. Deliberately plan time slots for deep work, breaks and meetings.
4. Define and prioritize your „big stones“ each week in order not to lose sight of what is important.
5. Use the WOOP method to put concrete plans into action.

And if everything fails?

☎️ Phone counselling: 0800.1110111
und 0800.1110222

🛋️ Therapy / Coaching
www.psych-info.de / SHITSHOW

🔥 Psychiatric outpatient clinics

If you want to learn more

📚 🎙️ 📹

Resources

- Al-Refae, M., Al-Refae, A., Munroe, M., Sardella, N. A., & Ferrari, M. (2021). A self-compassion and mindfulness-based cognitive mobile intervention (Serene) for depression, anxiety, and stress: promoting adaptive emotional regulation and wisdom. *Frontiers in psychology, 12,* 648087.
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Tools

- Motivation Method: WOOP
- Tracking Tool: Ein guter Plan
- Journaling: 6 Minute Diary
- Mindfulness: Headspace
- Time Management: Pomodoro

If you want to learn more

Quellen

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Thank you!

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