

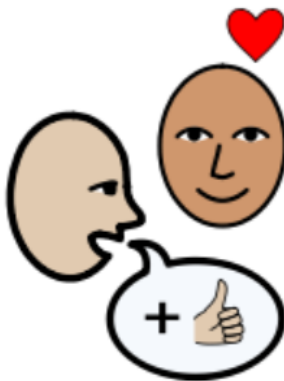
# Stresshygiene

Avoid getting affected and affecting others



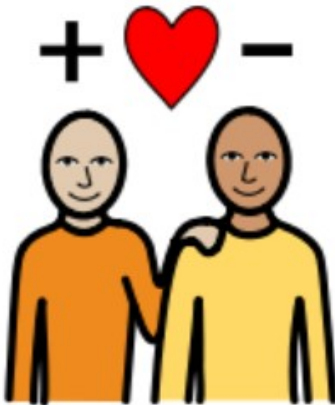
## Reflect often

Affect/emotional contagion easily gets stuck in our brain when we are in relation to others, affect contagion happens due to mirror neurons that all of us humans have. Reflect often on what experiences gets the individuals around you stressed. Use work breaks as low-arousal moments where you have the time to think *Why?*



## Talk positively

When talking to the individual it helps to talk about situations with a positive point of view. Also talk positively when bringing up challenging situations with your colleagues, when talking positively about the individual or situations you prevent affect from spreading or that you impose a negative outlook on things.



## Keep sharing

Stay home if you're stressed... Just kidding! It's important that you share with your colleagues if there is something that affects you privately or if there is a situation at work that feels challenging, this way you avoid that you and the individuals you support end up stressed/in affect. You also get a chance for recovery the days you need it, we can't always give 100%.

Stressors that create affect/arousal are everywhere in our environment.

If we won't think more or better about the individual we meet, we won't think more or better how we can meet the needs.

Where the individual gets stressed is always where we find areas for growth in our work/organization.



Folkhälsöföndigheten



Handledning & Utbildning