

[illegible]

TRAUMATIC FUNCTION

100%

STRESS LEIDT TOT EEN LANGZAME, PIJNLIJKE, VROEGTIJDIGE DOOD

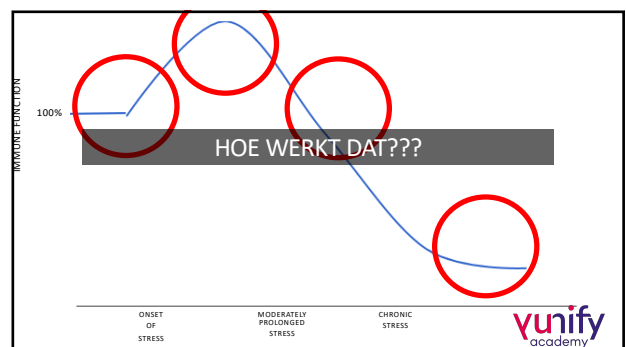
ONSET OF STRESS

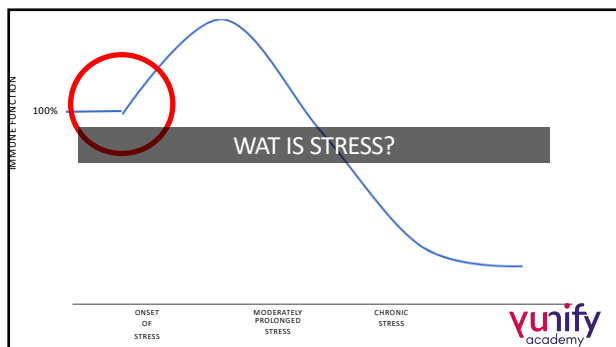
MODERATELY PROLONGED STRESS

CHRONIC STRESS

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SAPOLSKY(2016)





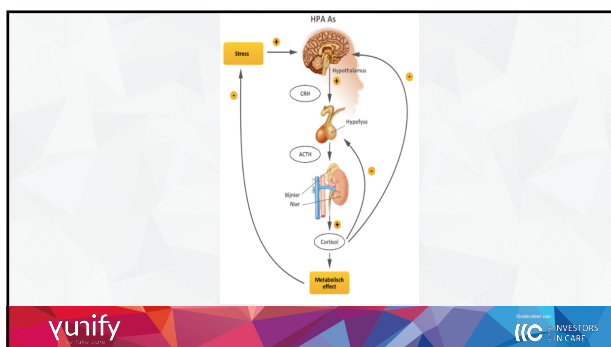
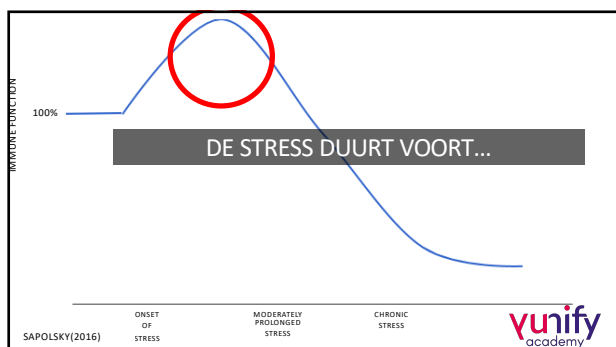
Ons lichaam is klaar voor actie...

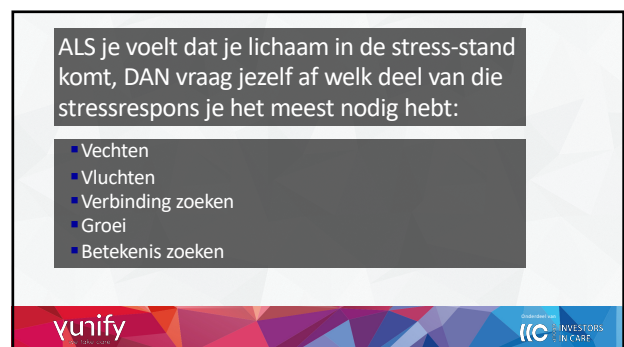
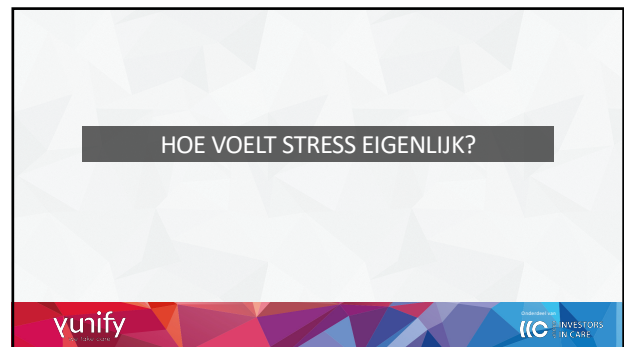
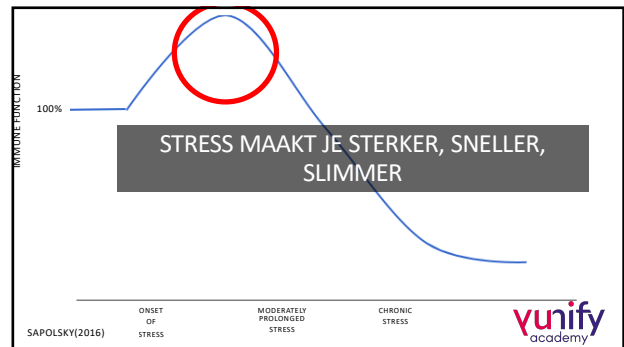
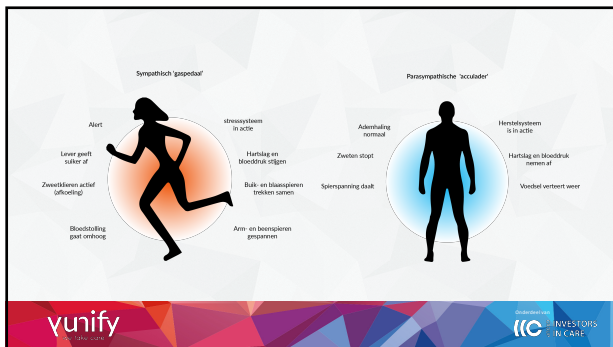
Hoe merken wij dit?

Wat kunnen wij hiermee?

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**Als een kind leert lopen en
50 keer valt, denkt het nooit:
misschien is lopen niks voor mij.**

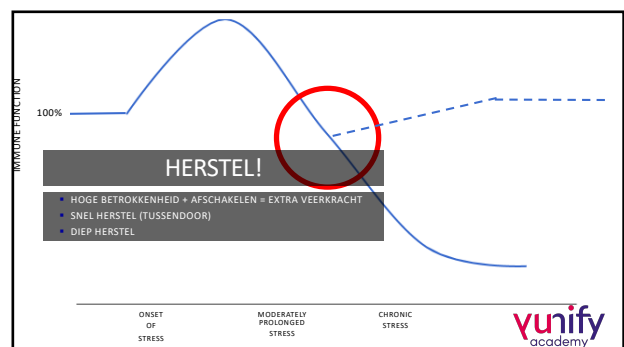
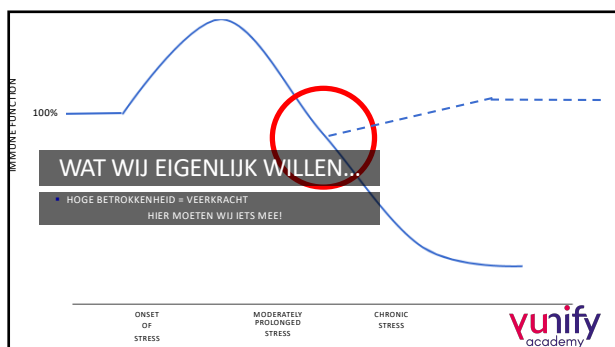
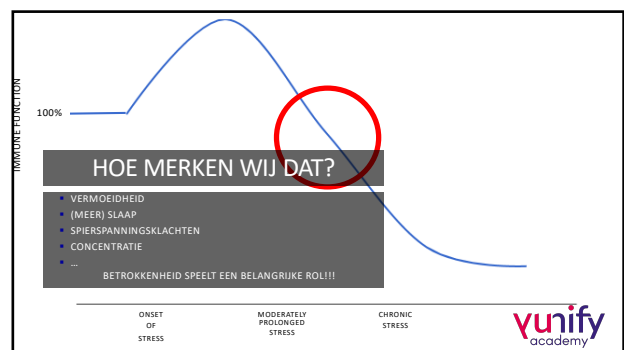
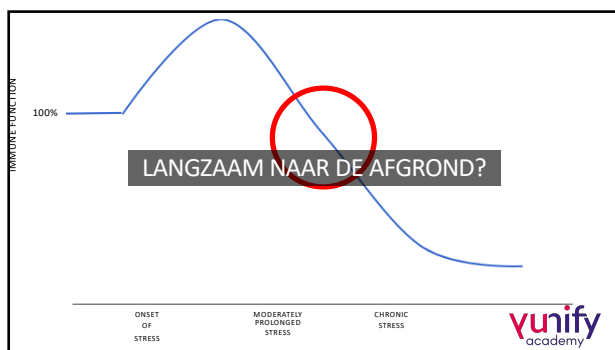
**OM
DENKEN**

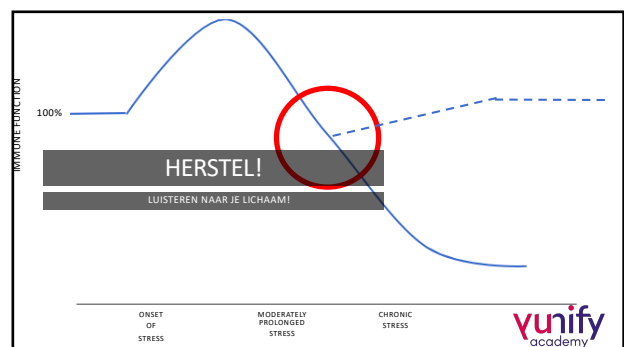
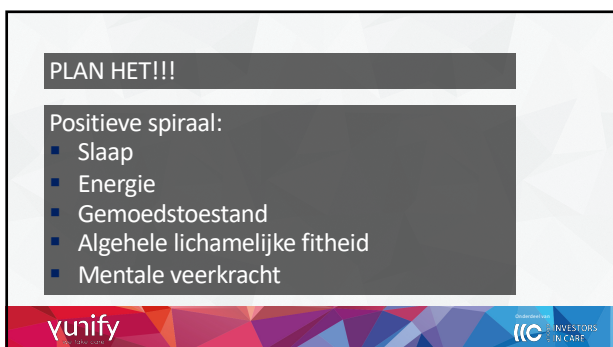
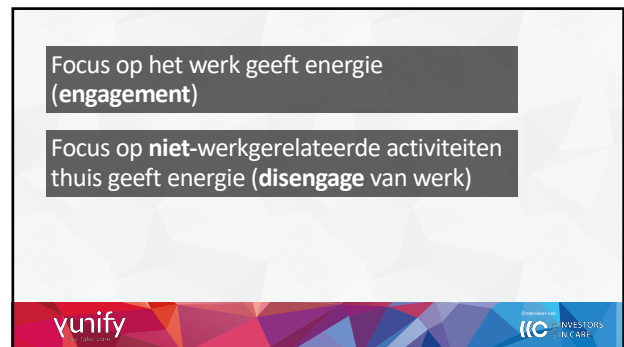
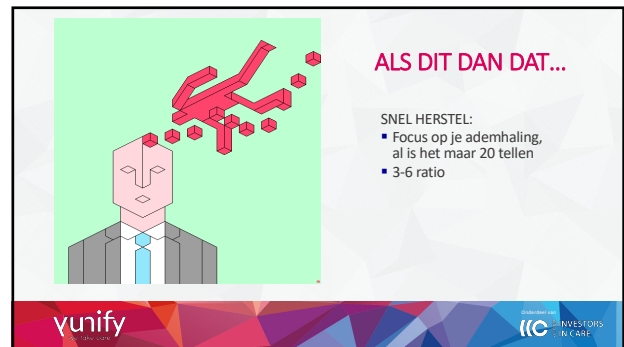
GROWTH MINDSET

MAAR... ER ZIJN GRENZEN!

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IN CARE





En dat is moeilijker dan wij denken...

Bah! Ik VOEL iets...

HET probleem van de moderne mens

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HOE DAN?

- BEWEEG!
- ADEMHALING
- STOP & VOEL
- YOGA
- FOAMROLLEN (MYOFASCIA)
- VOEDING
- VOOR DE LIEFHEBBER: MINDFULNESS

EN...

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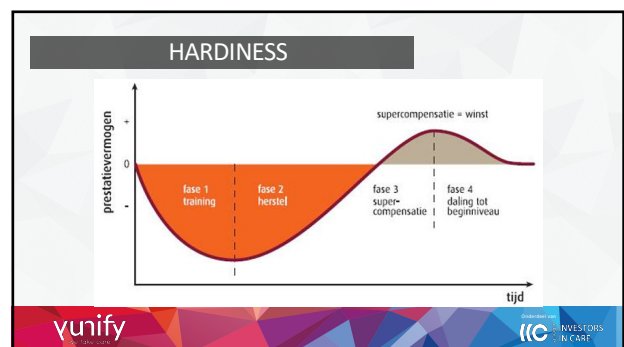
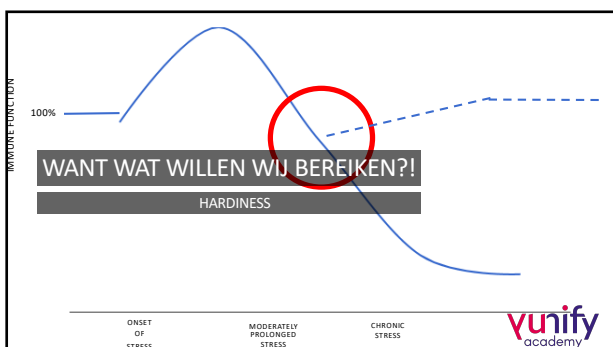
"A professional is someone who is capable of managing their own improvement."

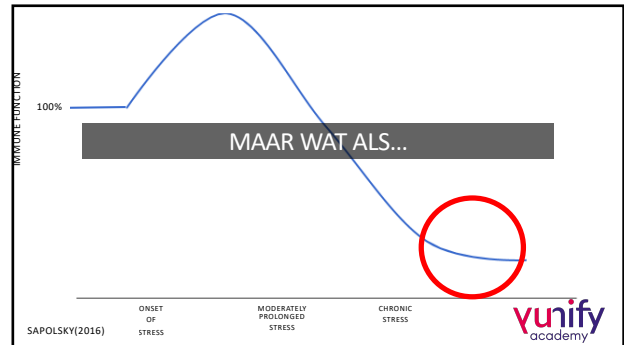
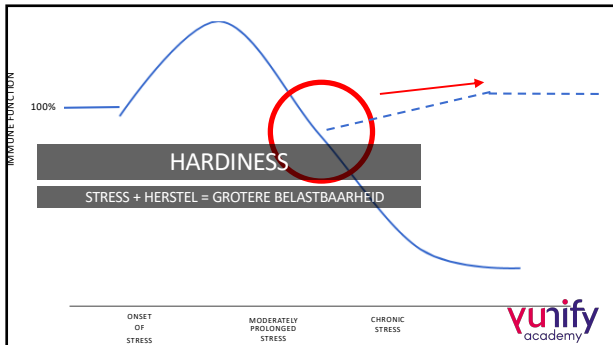
"Now, the contrasting view comes out of sports. And they say **'You are never done, everybody needs a coach.'** Everyone. The greatest in the world needs a coach."

- Atul Gawande (chirurg, public health innovator en schrijver)

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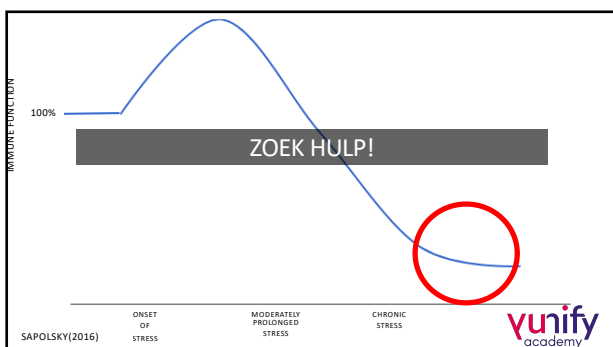


RODE VLAGGEN...

- SLAAP
- NEGATIEVE KIJK
- PLEZIERVERLIES
- VERANDERINGEN IN EETLUST/LICHAAMSGEWICHT
- "PIJNTJES"
- TRILLEN OF ONRUST
- MIDDELENGEBRUIK

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DE PUNCHLINES

- STRESS IS ER OM JE TE HELPEN
- BEVLOGEN
- LEER AFSCHAKELN
- LUISTER NAAR JE LICHAAM
- MOBILISEER JE OMGEVING
- SCHAKEL TUDIG HULP IN

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