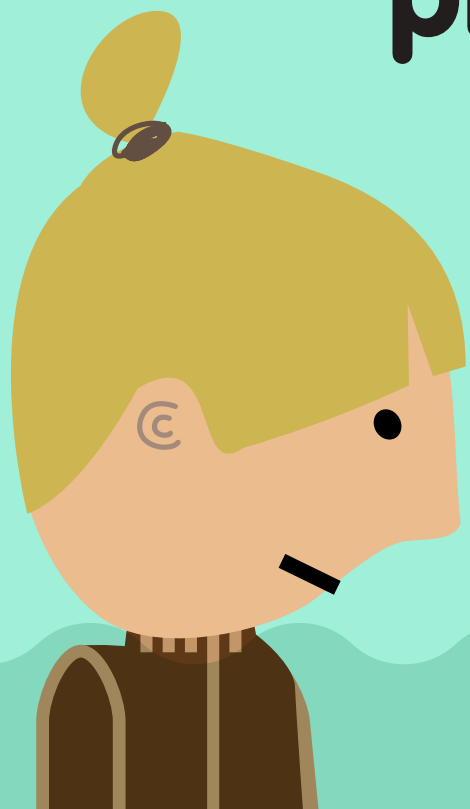




# From stress at work to pleasure in your work



120 MIN 3-9 

# 1/9 Start

🕒 5 min



**READ ALOUD:** How do you stay well, healthy and happy at work? One thing that helps is knowing how to cope with stress effectively.

Stress is normal, but too much stress can make you ill. That is why it is good to talk about stress. After all, everyone experiences stress differently.

Once you have played this KrsKrt® (pron. 'CourseCard') you will have a better idea of what you and others need in order to enjoy your work.

**Who will be the Timekeeper?** Keep track of total time (2 hours) and the time per question.



TAKE NOTES

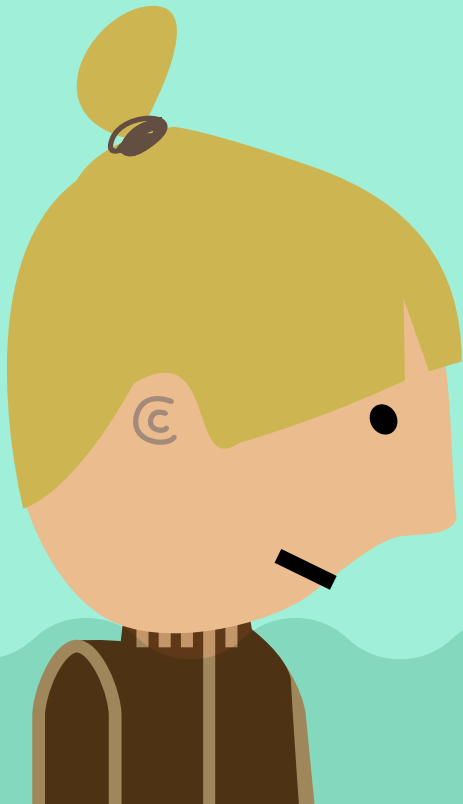
**Who will be the Questioner?**

Keep asking questions where others stop.




✓ AND WHAT IS SAID HERE, STAYS HERE

K\*RSK\*RT



# 2/9 Introducing

 15 min

Name or  
Initials


Introduce yourselves. When are you a **'stress head'**?

And when **'as cool as a cucumber'**?



INTRODUCE YOURSELVES TO EACH OTHER

# 3<sup>/9</sup> Signals

 15 min

Name or  
Initials

Which **signal** tells you it's **all too much** (at work)?

And what **do others notice** about you?

# 4/9 Stress sources

 15 min

What **causes** you to experience stress? *Tally all players!*

Team	<input type="checkbox"/>	X
Organisation	<input type="checkbox"/>	X
Manager	<input type="checkbox"/>	X
Yourself	<input type="checkbox"/>	X
Home	<input type="checkbox"/>	X
Society	<input type="checkbox"/>	X
24/7 online	<input type="checkbox"/>	X
Customer	<input type="checkbox"/>	X
Traffic	<input type="checkbox"/>	X
Other ...	<input type="checkbox"/>	X

What are your best **advices** to cope with stress sources?

 **QUESTIONER: WHICH ADVICE DO YOU THINK IS THE MOST SURPSRISING?**

# 5<sup>/9</sup> Turning point

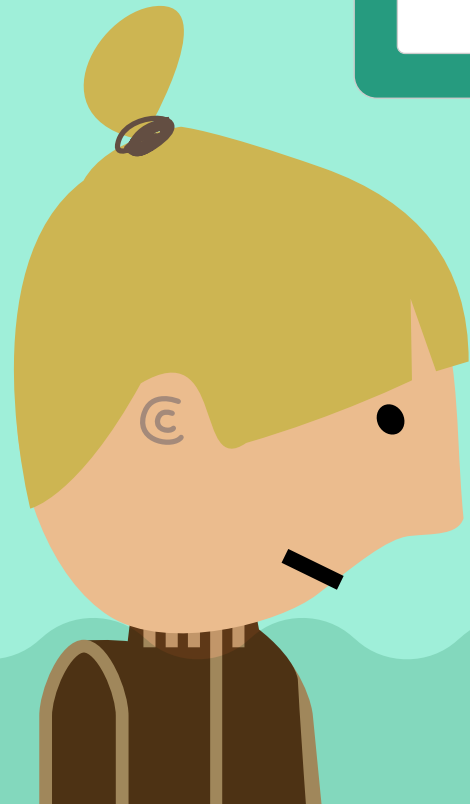
 10 min

You are halfway there! Please read the questions below first and then take a break if time permits.

**Look back:** What do you appreciate in the first half of your conversation?

**Look forward:** What do you agree upon to finish the second half?

 REDISTRIBUTE THE ROLES OF TIMEKEEPER AND QUESTIONER, IF NECESSARY



# 6/9 Energy sources

 20 min

Scan the code or go to [WWW.KRSKRT.COM/STRESS](http://WWW.KRSKRT.COM/STRESS) to watch the video together.



People who experience little stress and have pleasure in their work derive energy from these three energy sources.

## A. COMPETENCE

To what extent does your work match your abilities and do you have opportunities to learn and develop?

Tally all players:

--	-	+	++
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

And share examples from practice:

## B. AUTONOMY

To what extent does your work allow you to determine independently what you do when and with whom?

Tally all players:

--	-	+	++
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

And share examples from practice:

## C. RELATEDNESS

To what extent do you give and receive support and appreciation to and from others?

Tally all players:

--	-	+	++
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

And share examples from practice:

# 7/9 Enforcing

 QUESTIONER: KEEP QUESTIONING!

 20 min

Name or  
Initials

Which of the energy sources is  
**most important** to you?

And how can you **reinforce** this  
energy source to reduce stress?

COMPETENCE    AUTONOMY    RELATEDNESS

COMPETENCE    AUTONOMY    RELATEDNESS

COMPETENCE    AUTONOMY    RELATEDNESS

COMPETENCE    AUTONOMY    RELATEDNESS

COMPETENCE    AUTONOMY    RELATEDNESS

COMPETENCE    AUTONOMY    RELATEDNESS

COMPETENCE    AUTONOMY    RELATEDNESS

COMPETENCE    AUTONOMY    RELATEDNESS

COMPETENCE    AUTONOMY    RELATEDNESS




# 8/9 Next step

FOR EXAMPLE:

- ✓ SOMEONE AT THIS TABLE
- ✓ MANAGER

- ✓ COLLEAGUE
- ✓ CAREER ADVISOR/HR
- ✓ WORKS COUNCIL

- ✓ NETWORK
- ✓ PARTNER/HOME
- ✓ 'THE MIRROR'

 15 min


Name or  
Initials

What is your **next step** to better cope with stress?

And who is the **person** to help you move forward?

*Give each other tips!*

# 9/9 End point

 5 min

You did it, you have reached the final questions!

**Look back:** How did you experience this conversation?

**Look forward:** What is the best way to continue this conversation?

 **WHO WOULD YOU RECOMMEND THIS KRSKRT?**

**This KrsKrt® facilitates your conversation.** Play the printed version (**print&play**) or digital (**project&play**). No need for a facilitator or manual, ideal on a large scale. More information? Go to [KRSKRT.COM/CHECK](https://krskrt.com/check).

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