OFFICE RELATED STRESS RELEASE.

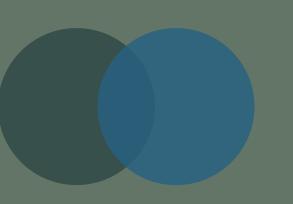
BY DOING. NOT TALKING.

EXPERIENCED IT SPECIALIST,

DEDICATED TO SUPPORT YOUR IT PROFESSIONALS AND DEVELOPERS.







+31 (0)6 482 715 82 welcome@calmcode.nl www.calmcode.nl

IF YOU NOTICE...

You're stressed and anoyed about things that are work related. Either caused by yourself, but especially by others. You miss the recognition for you hard work. You are fed up about the office culture and how people treat eachother at work?

IF COWORKERS...

Appear to have no clue how to get their work done properly or on time. He/she appears absent during meetings and discussions. She/he skips lunch and other 'social' events. Or mainly complains about changes 'happening to them'. ONE CANNOT CONTROL THE AMOUNT OF STRESS FACTORS FROM YOUR ENVIRONMENT,

BUT ONE CAN DECIDE HOW THEY ARE PRECEIVED AND DEALT WITH.

5 STEP ACTION PLAN

1 - SIT, DELAY, ATTITUDE

Identify your stress and slow down your thoughts. Using a series of small and easy, but also office applicable excercises.

2 - STAND FIRMER

Reduce stress effects on lower back, chest and shoulders and identify how to speak up for oneself.

3 - ELIMINATE HEAD NOISE

Switch off the ongoing thinking process in your mind. Helps to focus on your task at hand; or save some energy for the end of the day.

4 - TRANSFORM THOUGHTS

Simplified 'crisis kit' to quickly reduce stressing thoughts. Be able to respond with a more neutral mind to an issue.

5- RELAX EYES & HEAD

Super effective method to relax your head and eyes. Increases your focus significantly.

