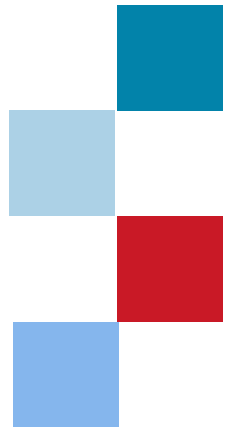
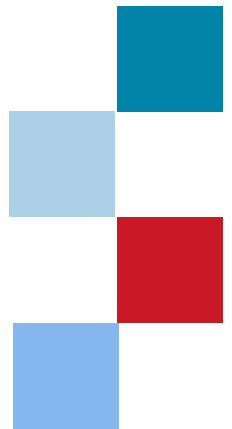


Hvad er stress, er det farligt og hvad skal vi gøre ved det?

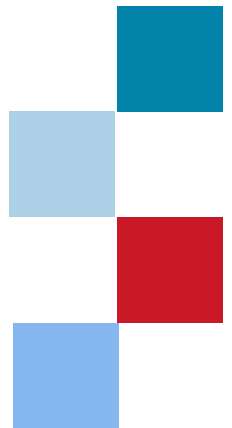
BAR transport og engros
22.10.2015

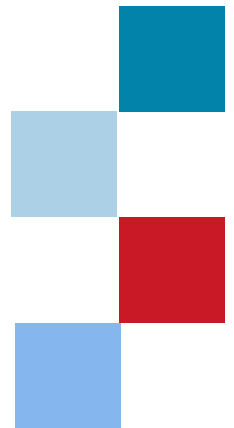


Hvorfor skal jeg høre på en psykiater?



Stress kan medføre psykisk sygdom

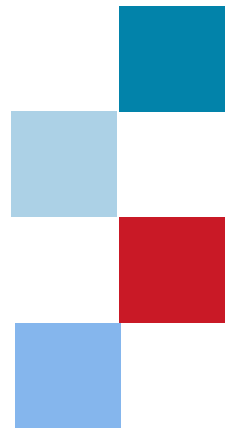




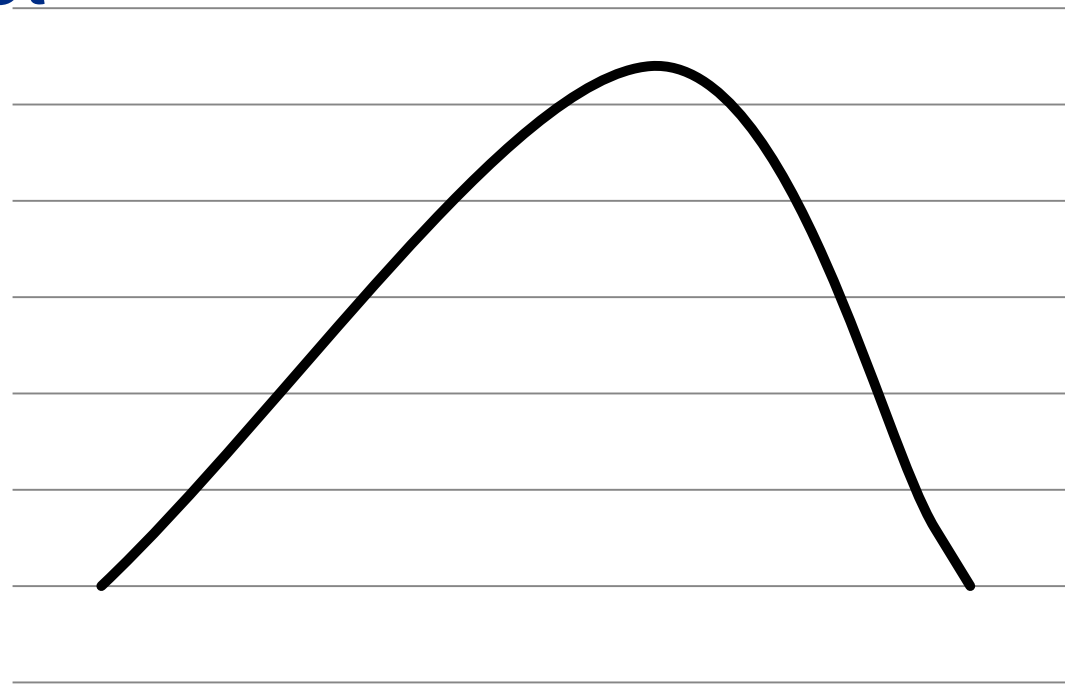
Hvorfor skal vi interessere os ?

Hvad er stress?

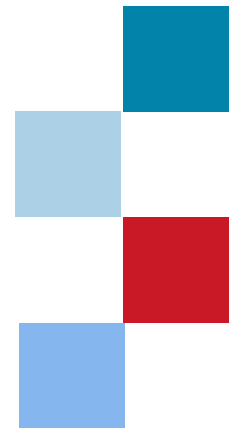
Hvad kan vi gøre ved det?



Produktivitet



Grad af Stress

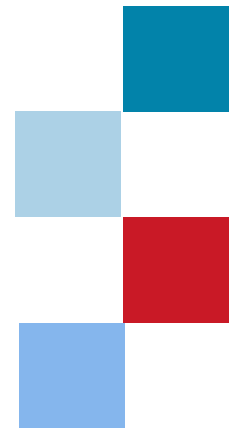


60% af sygefravær skyldes stress

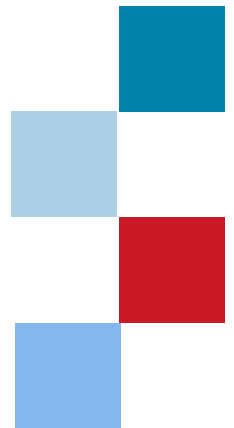
14% har sagt et job op pga. stress

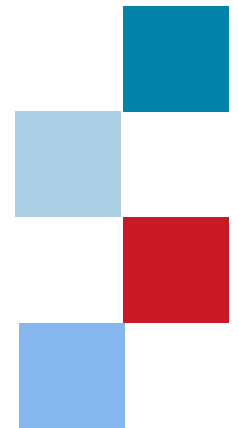
Stressede medarbejdere har 33% lavere produktivitet

Amerikanske spørgeskemaundersøgelser

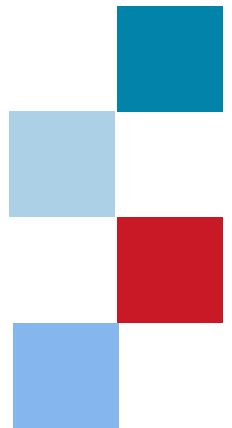


Hvad er stress?





- Alle udfordringer medfører en stressreaktion
- Stressreaktionen gør at vi kan præstere mere i perioder
- Skadelig stress opstår mellem mennesker



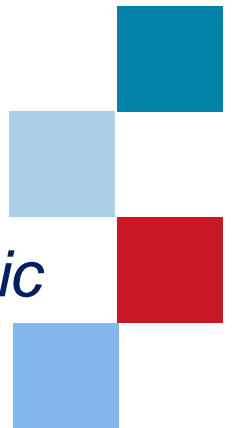
Skadelig stress:

Uretfærdighed

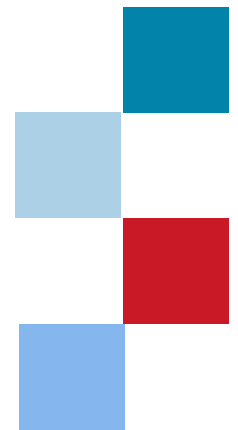
Arb. Med. Klinik Aarhus Uni. Hosp.

Mangel på anerkendelse

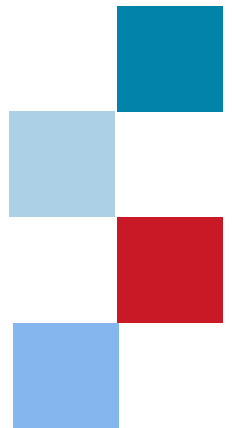
Pernille Steen Pedersen, PPclinic



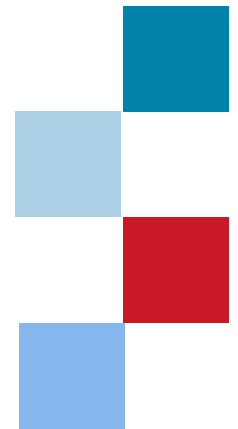
Hvad kan vi gøre ved det ?



1. At forebygge skadelig stress
2. At helbrede skadelig stress



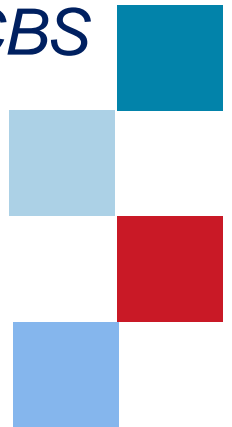
Forebyggelse



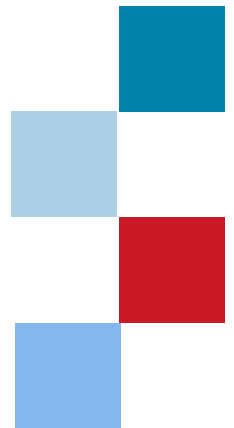
En ledelsesopgave:

Respekt / anerkendelse / feed-back

Pernille Steen Pedersen, PPclinic og CBS



Anerkendelse,
som ikke passer til medarbejderen,
virker negativt

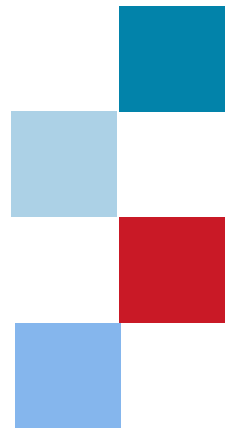


1. Procesmester

Processen, arbejdsmiljøet, kollegerne

2. Problemløser

Problemet, opgaven, resultatet

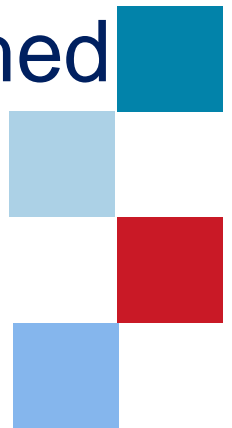


1. Procesmester:

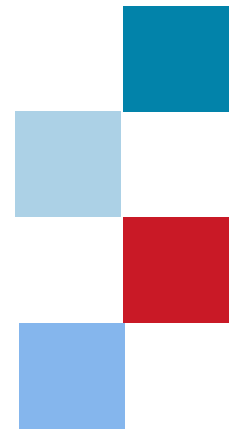
Social støtte, hjælp og tak

2. Problemløser:

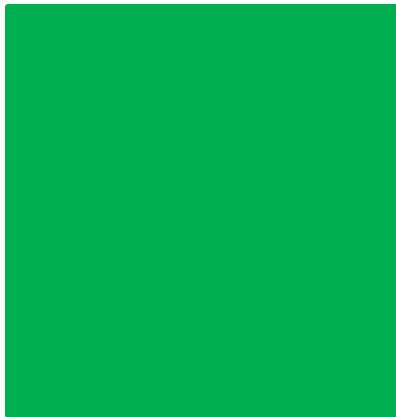
Faglig opbakning og opmærksomhed



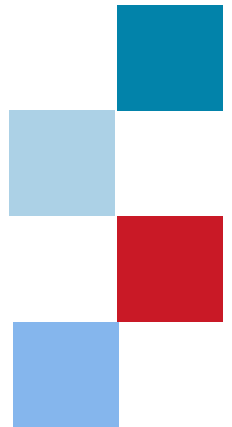
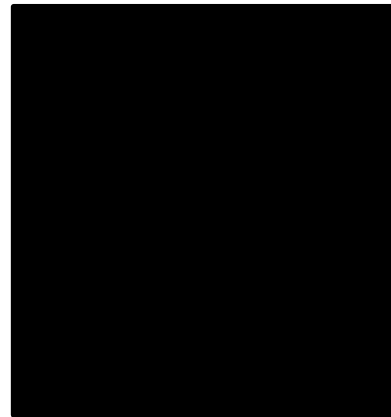
Helbredelse



Rask



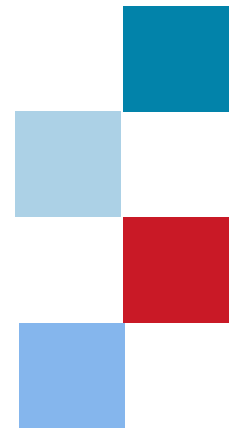
Syg

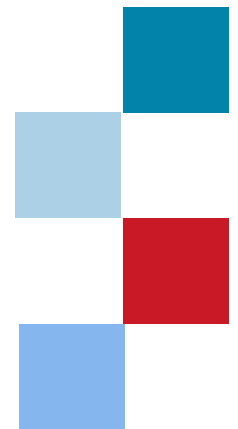


Rask

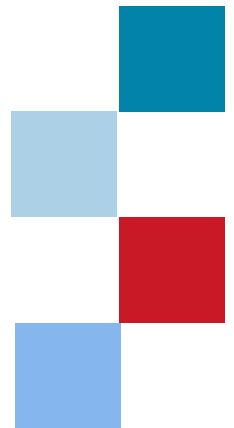
Ubehag

Syg



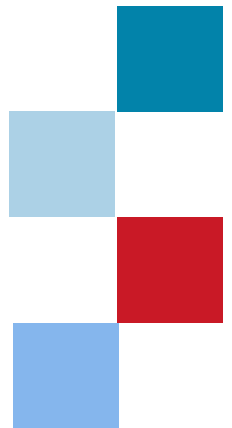


- Bevar kontakt før og under sygdommelding
 - Undgå berøringsangst og skyld
- Undgå langvarige sygdommeldinger
(2-3 uger)
- Start tidligt og gradvist op igen





- Kombinationsbehandling –
Læge, psykolog, arbejdsplads
- Fokus på hurtig bedring
- Ikke fred og ro...



Arbejde og god ledelse er en
uundværlig del af behandlingen af
stress

