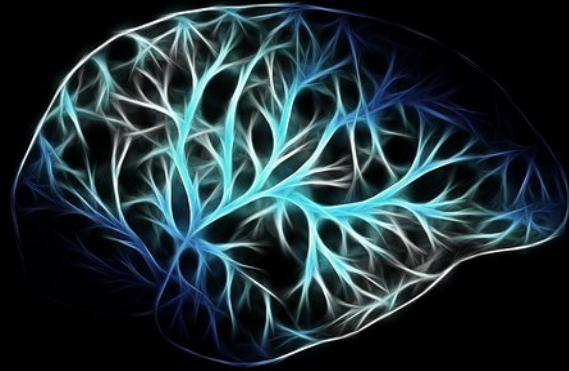


# The brain, stress, mental fitness and work life balance

- wellbeing and performance at Swisslog!



Exercise 1

# Exercise 1

After each video module, you, as employee at Swisslog, will receive some materials with exercises to do on your own and/or questions to discuss with your group.

In this first session you will draw your own stress curve, as it might look during a common day at work. Preferably you have printed the model of the stress curve (next page) before doing this exercise.

You can then choose to discuss the following questions two and two, in group or reflect on your own.

If you will do the exercise together with your group, it is important that all members of your group have seen Module 1 before exercise 1.



# Your stress curve



# 1. Your stress curve

Discuss this two and two, or if you do this practice on your own, please write down your answers.

1. Draw your own stress curve as it looks during a common working day.
2. Based on your drawn stress curve, do you need more recovery during your days?

If "yes": *when* during your days are you in most need of recovery to create a healthy stress curve?



## 2. Your most important recovery

Discuss this two and two, or if you do this practice on your own, please write down your answers.

2. What kind of recovery would you like to get more of?

(Or if you get enough recovery as it is, what kind of recovery is most important to you?)

- More or better sleep?
- Physical activity?
- Nourishing food?
- Time with friends and/or family?
- Undemanding activities?
- Doing things that make you happy and give you energy?
- Mindworkout classes?
- Micropauses?
- Others?



MINDWORKOUT

# 3. Micro pauses

Discuss this in group,  
or if you do this practice on your  
own, please write down  
your answers.

3. What can you do to get some small, brain smart pauses during your working days?

Example of good quality micro pauses:

- Visualization
- A short walk around the house or up and down some stairs
- Mindfulness
- Paus the input
- Increase the level of Oxytocin (for example by grateful thoughts)
- Laugh



Thanks for today!

