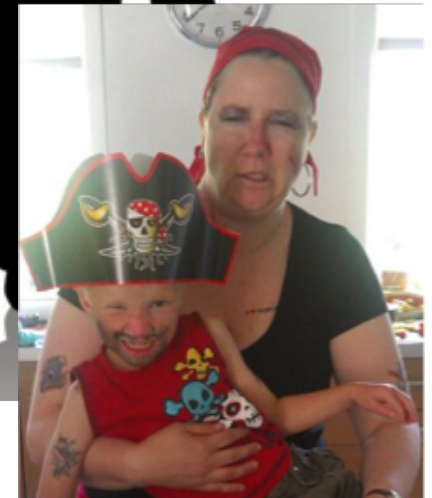
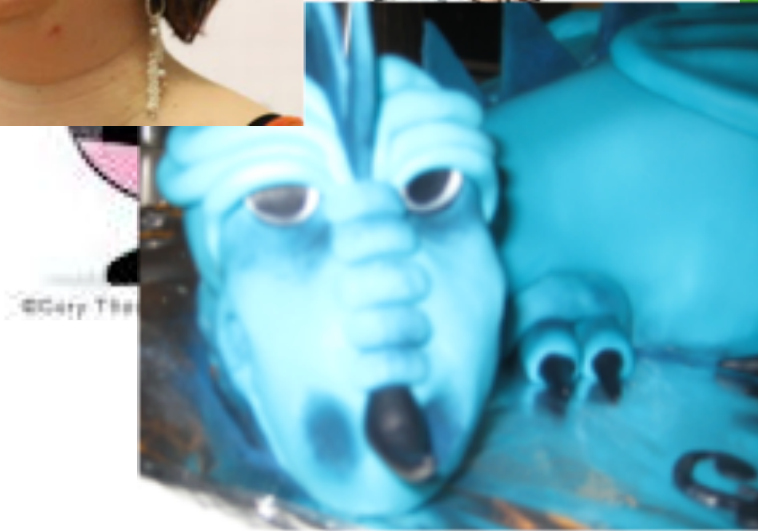
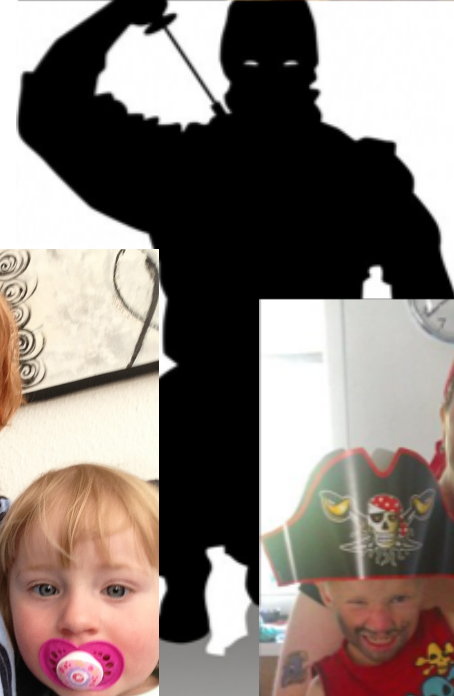


Stress and depression - a taboo in our time

GOTO Aarhus, September 30th 2014

Gitte Klitgaard @nativewired

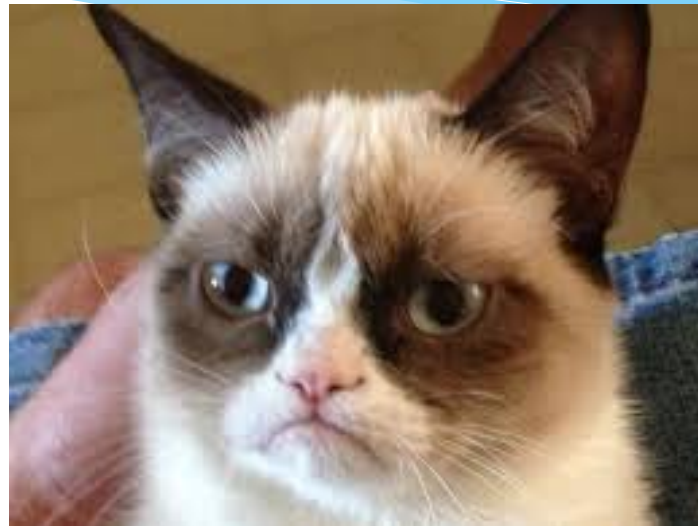
Gitte





Why am I here?

Why are knowledge workers so affected?



How does stress show?

It depends!

How did it feel for me?



How did my brain feel?



What can I do?

A few tips – some I even tried

- * Plan preparation time
- * Relax your brain
 - * Meditation
 - * Mindfulness
- * Exercise
- * Ask for help





What can I do to help others?

DON'T

- * Say
 - * Pull yourself together
 - * Many people are worse off than you
 - * You have no reason to be depressed/stressed
 - * It's all in your head
- * Ignore them
- * Don't give unfounded advice

Do

- * Offer your help – subtle
- * Listen (grow your ears and open your heart)
- * Tell them to go to a professional
- * Respect what they feel
- * Include people
- * Care



Eeyore



Videos

- * **World Mental Health Day**

<https://www.youtube.com/watch?v=do8mqz6XmTE>

- * I had a black dog, his name was depression

<https://www.youtube.com/watch?v=XiCrniLQGYc>

Wrap-up

- * Ask for help
- * Offer help
- * Talk to each other
- * Care



I love connecting :)

Feel free to contact me:



@nativewired

XING



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Links and more

- * Stress

<http://www.stressforeningen.dk>

- * Depression

<http://depressionsforeningen.dk/>

- * Stress

<http://glasgowspcmh.org.uk/information/stress/>

- * Depression

<http://glasgowspcmh.org.uk/information/depression/>

- * I had a black dog, his name was depression

<https://www.youtube.com/watch?v=XiCrniLQGYc>

- * Living with a black dog

<https://www.youtube.com/watch?v=2VRRx7Mtep8>

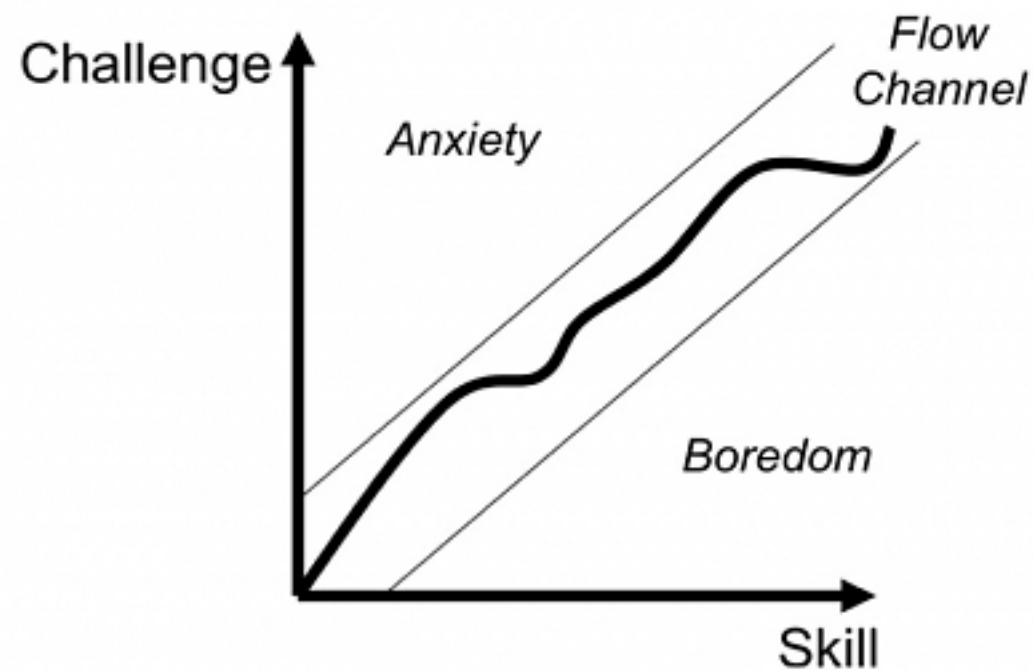
Extra slides

Knowledge workers

- * "What differentiates knowledge work from other forms of work is its primary task of "non-routine" problem solving that requires a combination of convergent, divergent, and creative thinking"

Reinhardt, W.; Schmidt, B.; Sloep, P.; Drachsler, H. (2011). "Knowledge Worker Roles and Actions – Results of Two Empirical Studies". Knowledge and Process Management 18 (3): 150–174

Flow



"Flow" concept by Mihaly Csikszentmihalyi. Drawn by Senia Maymin.