# Psychische Balance: Stressoren und Ressourcen

# Bedingungsbezogene Stressoren

- Hoher Zeitdruck und Hektik
- Häufige Unterbrechungen
- Spannungen und Konflikte
- Emotional belastende Situationen

.

# Stressoren

# Personenbezogene Stressoren

- Überengagement
- Nicht Nein sagen können
- Schwierigkeiten, Prioritäten zu setzen
- Hohes Anerkennungsbedürfnis

...

# Bedingungsbezogene Ressourcen

- Möglichkeiten, die Arbeit zu gestalten
- Klar definierte Rollen
- Soziale Unterstützung
- Anerkennung und Wertschätzung

...

# Ressourcen

# Personenbezogene Ressourcen

- Selbstwirksamkeitsüberzeugung
- Bereitschaft zu lernen
- Unterstützung suchen und annehmen können
- "Gesunde" Grenzen ziehen können

•

# Bew Ltigungsstrategien Bei Psychischen Physischen Belastungen

**Jicheng Xie** 

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