

Psychische Balance: Stressoren und Ressourcen

Bedingungsbezogene Stressoren

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

Bedingungsbezogene Ressourcen

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



Personenbezogene Stressoren

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

Personenbezogene Ressourcen

- Selbstwirksamkeitsüberzeugung
- Bereitschaft zu lernen
- Unterstützung suchen und annehmen können
- „Gesunde“ Grenzen ziehen können
- ...

Bewältigungsstrategien Bei Psychischen Physischen Belastungen

DJ Losen



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