



Sustainable (can go on for forever)

Productivity
(value created; output)



liv Kultur

Kriste

Stre

Publicerat (

Ledare

■ Meny



The German W

Burnout Proble

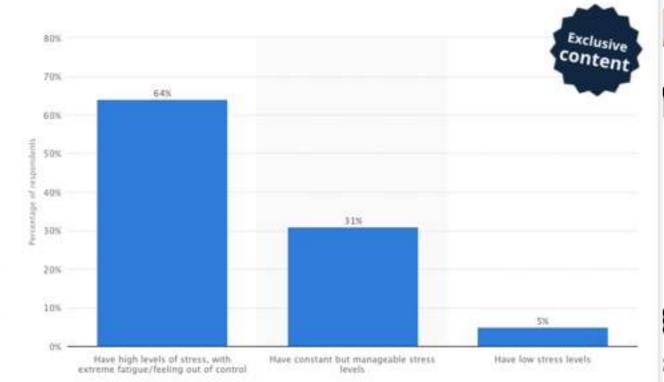
Psykisk ohälsa fortsätter öka

Psykisk ohälsa har blivit den överlägset vanligaste orsaken till sjukskrivning

Nästan fyra av tio sjukskrivna har den diagnosen och det är fram kvinnor mitt i livet som den psykiska ohälsan ökat kraftigt. Försä

nu sna Level of stress reported by employees in North America in 2014

This statistic displays the stress levels reported by employees in North America in 2014. Of those surveyed, 31 percent reported having constant but manageable levels of stress. High levels of stress sustained for a long period can lead to impacts on both physical and mental health. Work is a one of the most commonly reported sources of stress in adults.



gt. Försä gsminis **D**]

ården.

Ekonomi

Dramatisk ökn stressrelaterad sjukskrivninga

Tech companies have highe turnover rate

ır samhället miljarder

Burnout up among employees

r långtidssjukskrivna

Sharon Jayson, USA TODAY 12:15

12:15 a.m. EDT October 24, 2012

ADULTS ARE MORE LIKELY TO REPORT MENTAL HEALTH-RELATED ILLNESSES THAN IN 2014





Sustaina Broductivity (can 6/0 on for forever) Stress

val Mental health

Distractions

Leadership

Collaboration

Productivity

Challenges

Focus

Flow Motivation

Focu

Stress

Neuroscience

Burnouts

Anxiety

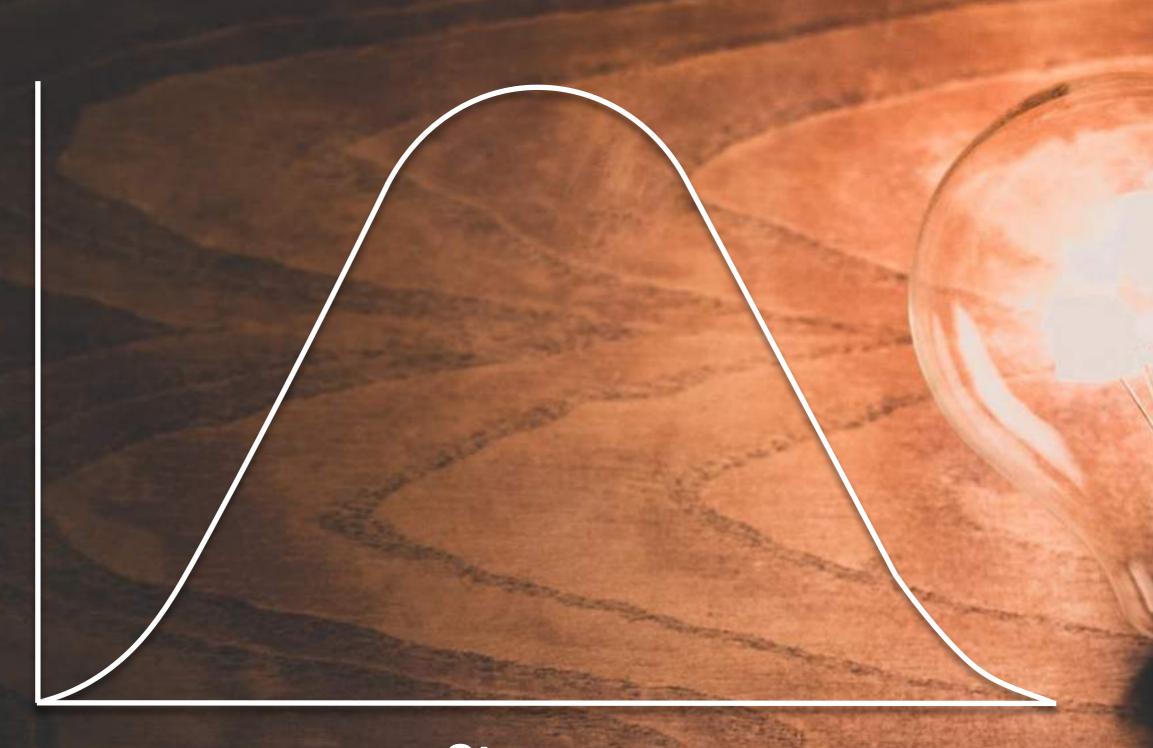
Happiness

Resilience

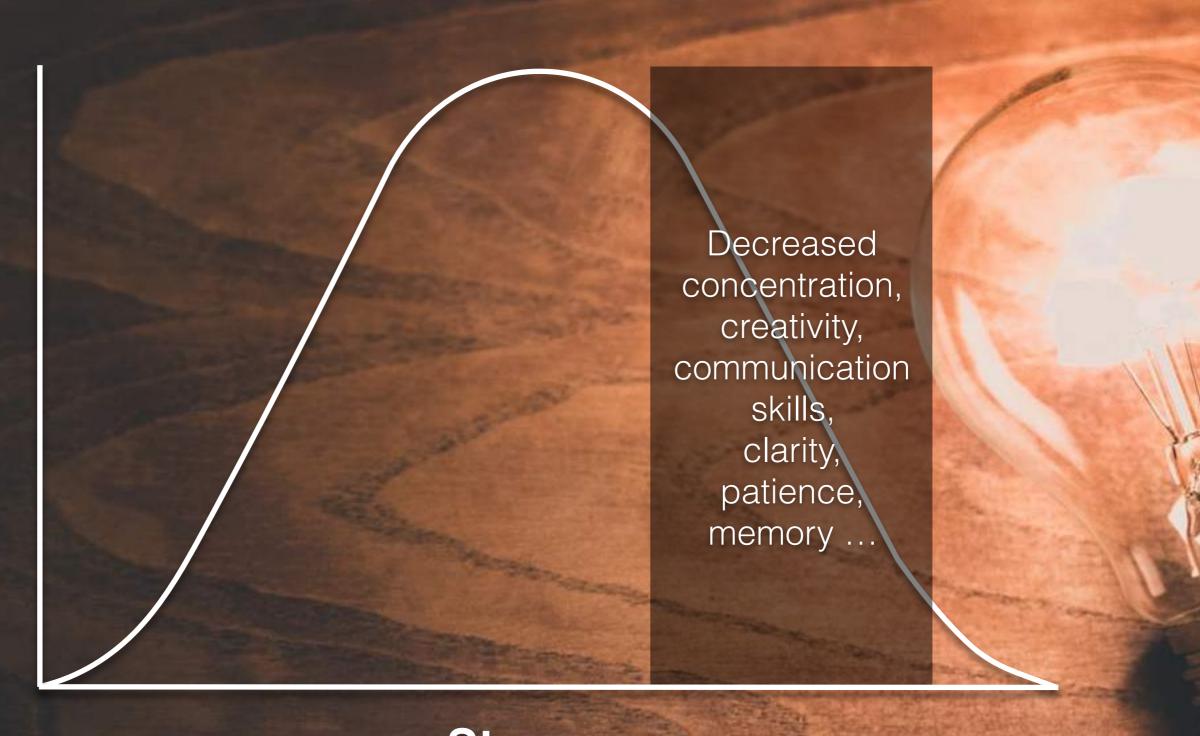
Mental health

Data for well-being

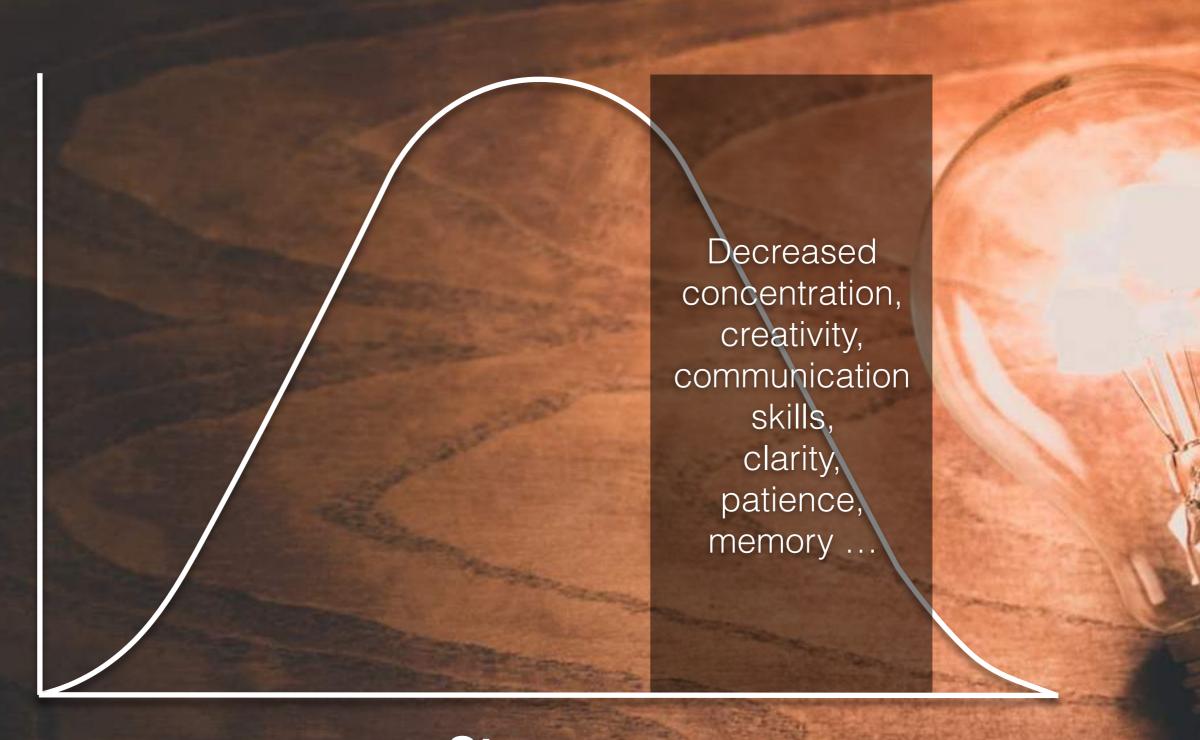
Mindfulness & meditation



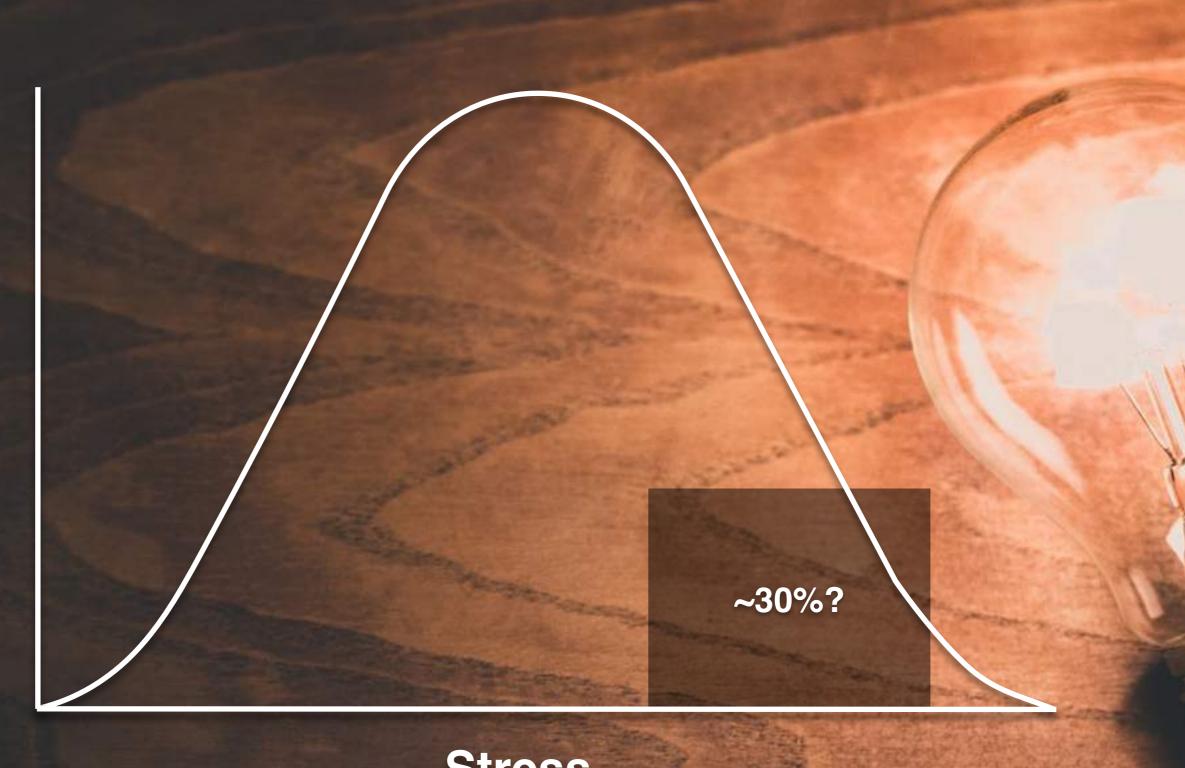
The Yerkes-Dodson law.



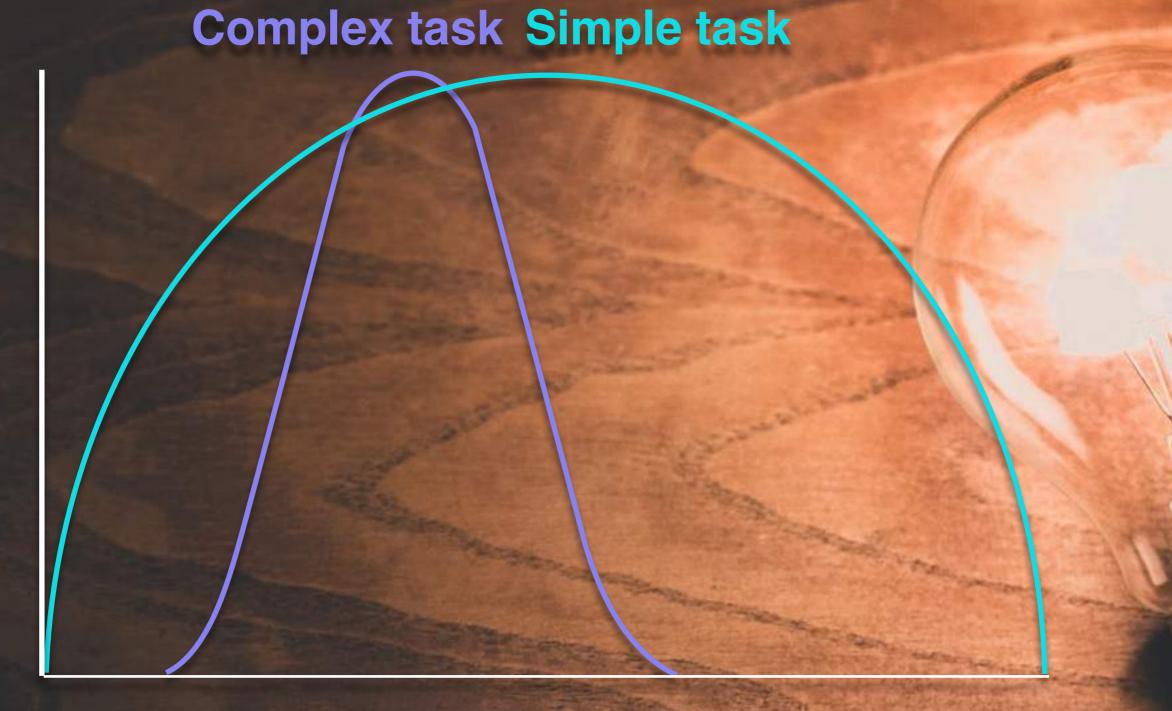
Objective measurements



What about you?



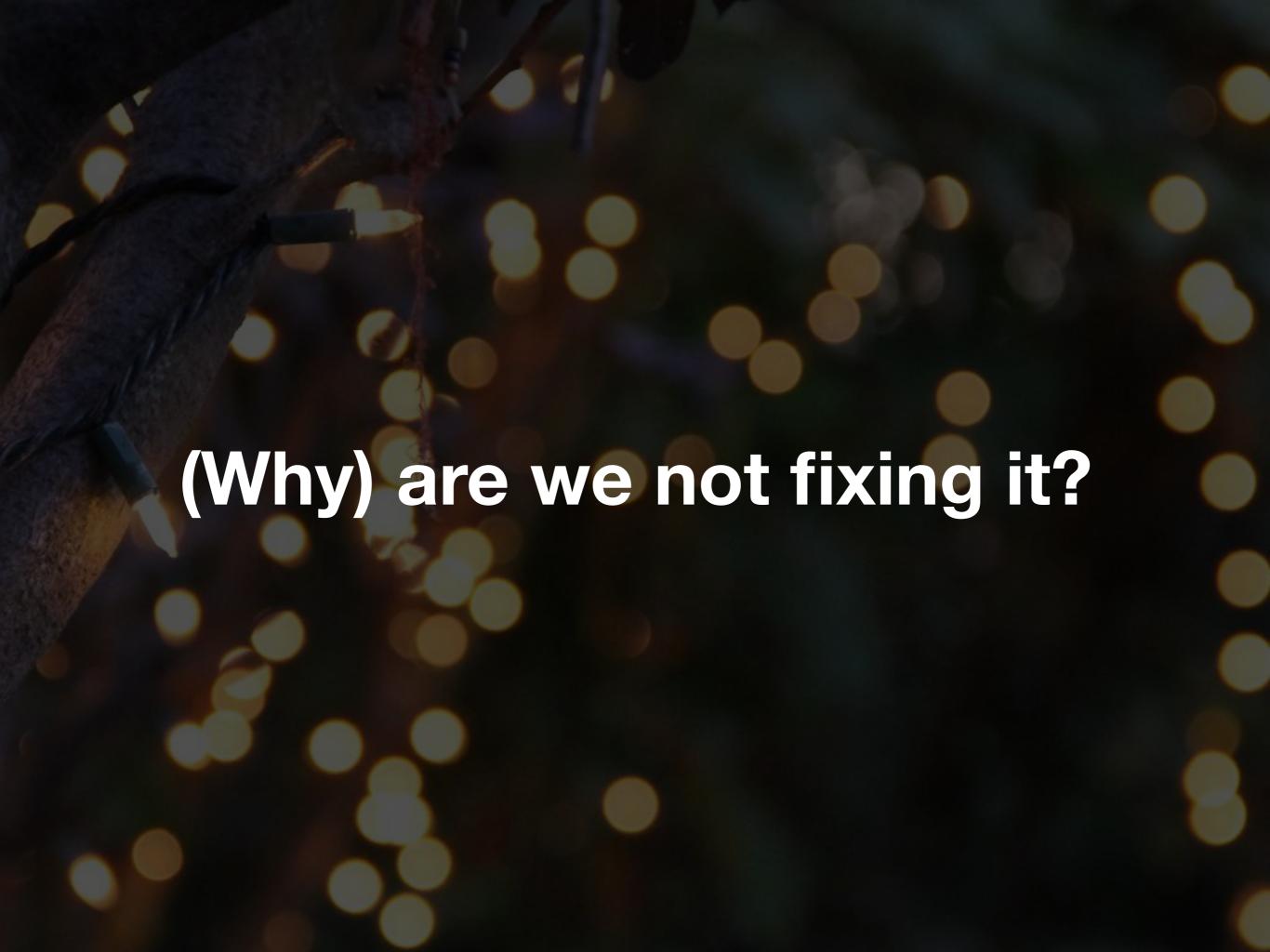
Tech companies



Task complexity





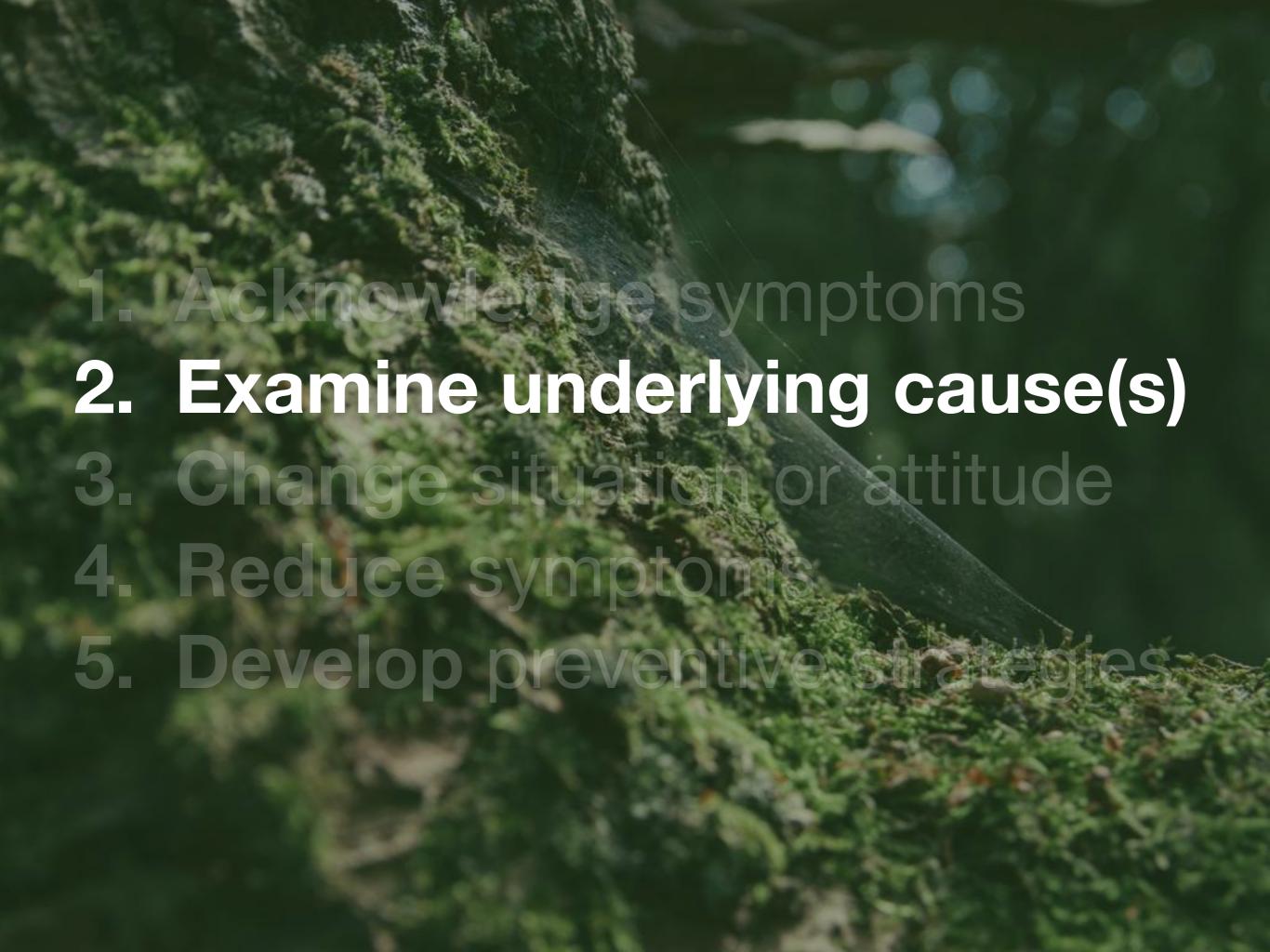


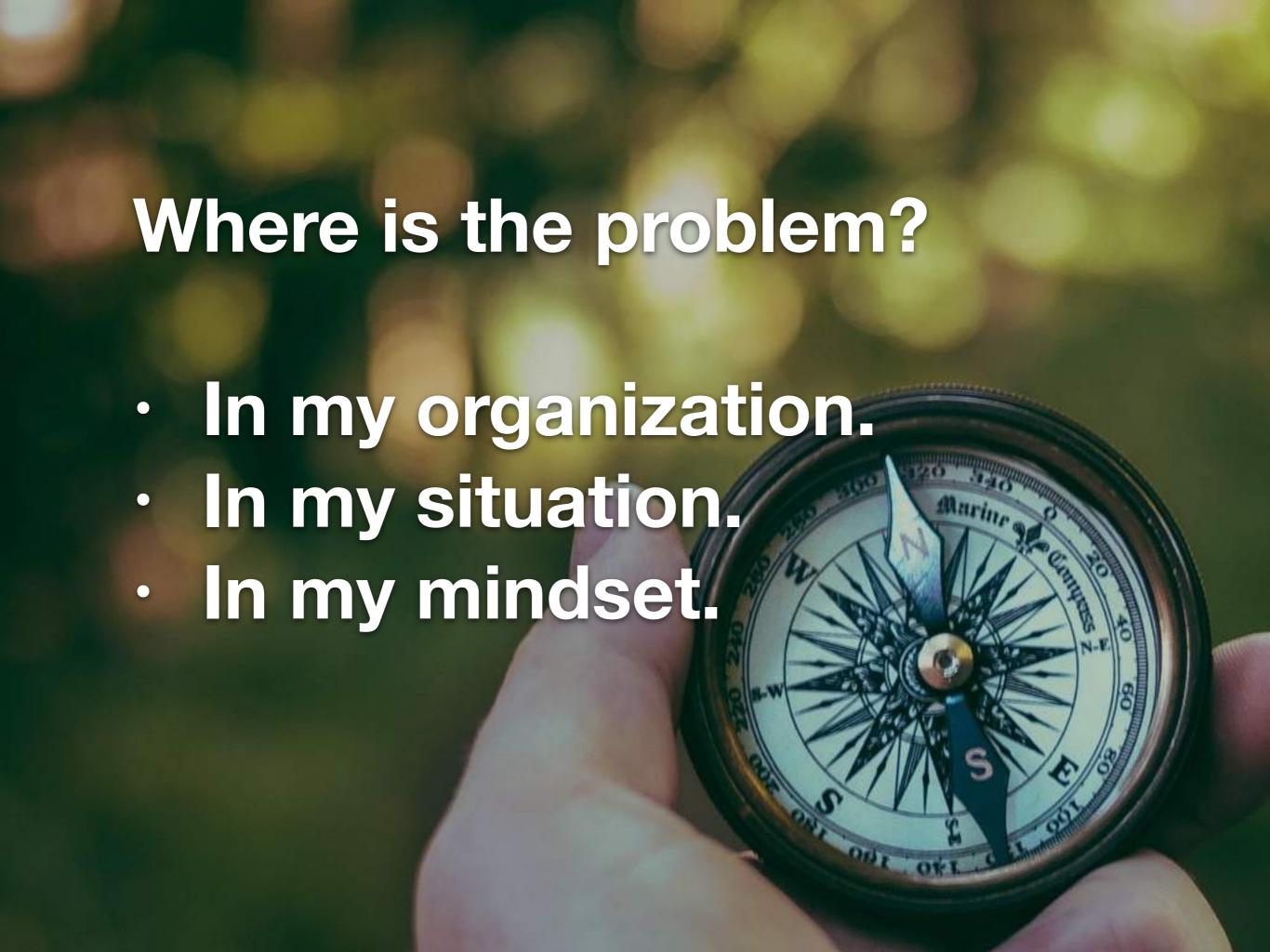
- Lack of knowledge
- Culture of awesomeness
- Culture of busy
 & focus on short-term gain
- · Inability / uphill battle
- Fixing the wrong things



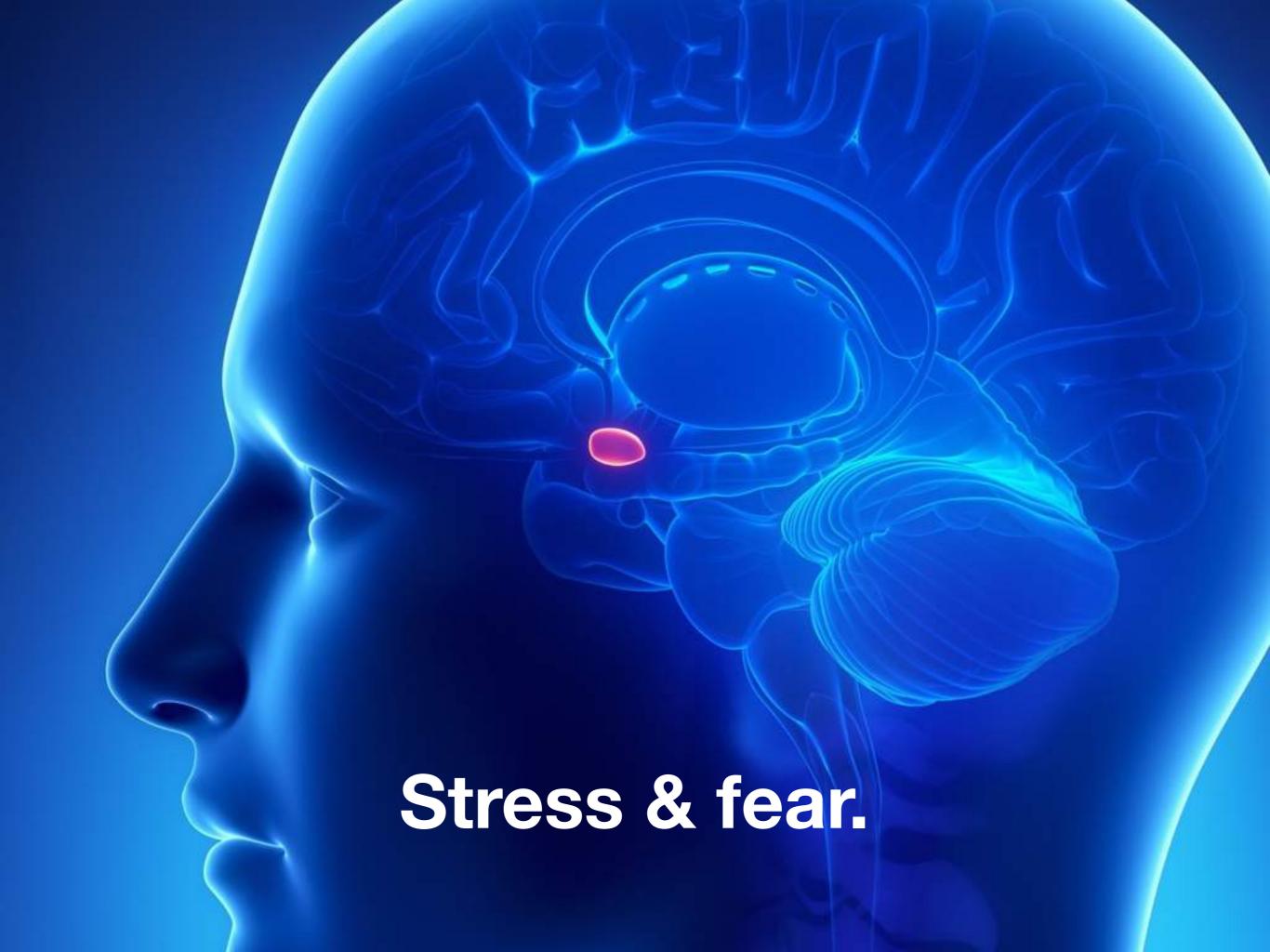
- 1. Acknowledge symptoms
- 2. Examine underlying cause(s)
- 3. Change situation or attitude
- 4. Reduce symptoms
- 5. Develop preventive strategies

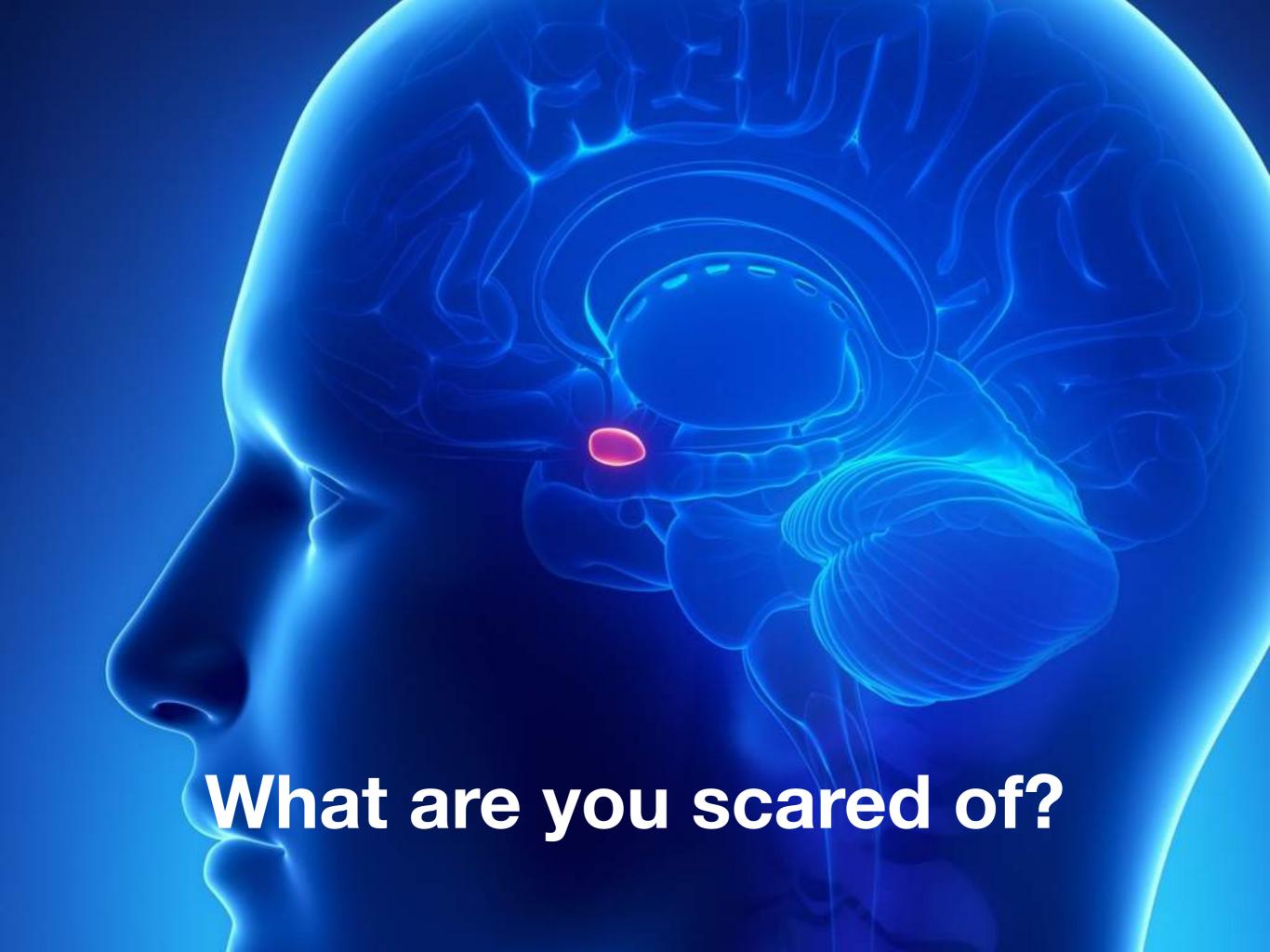


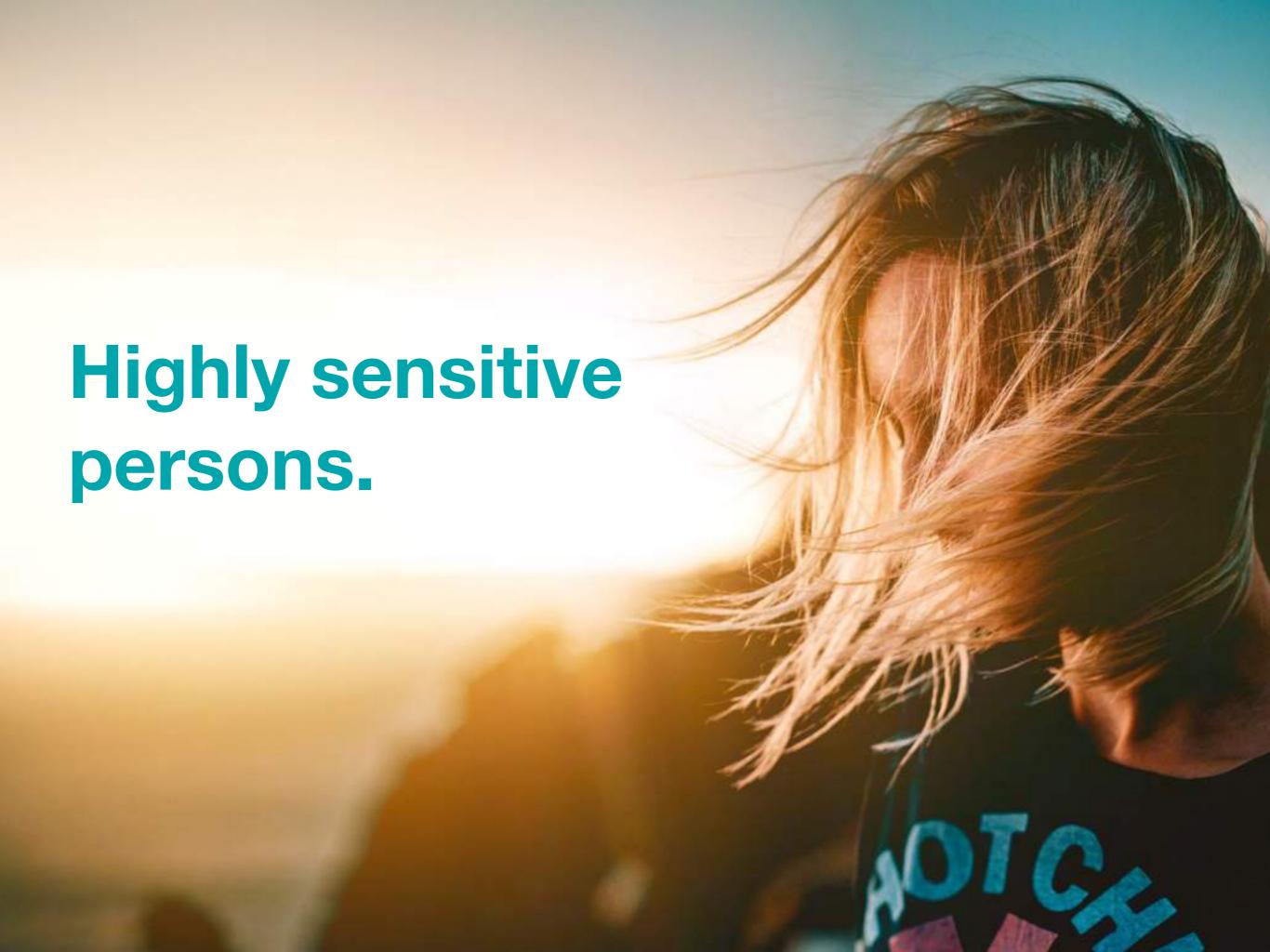






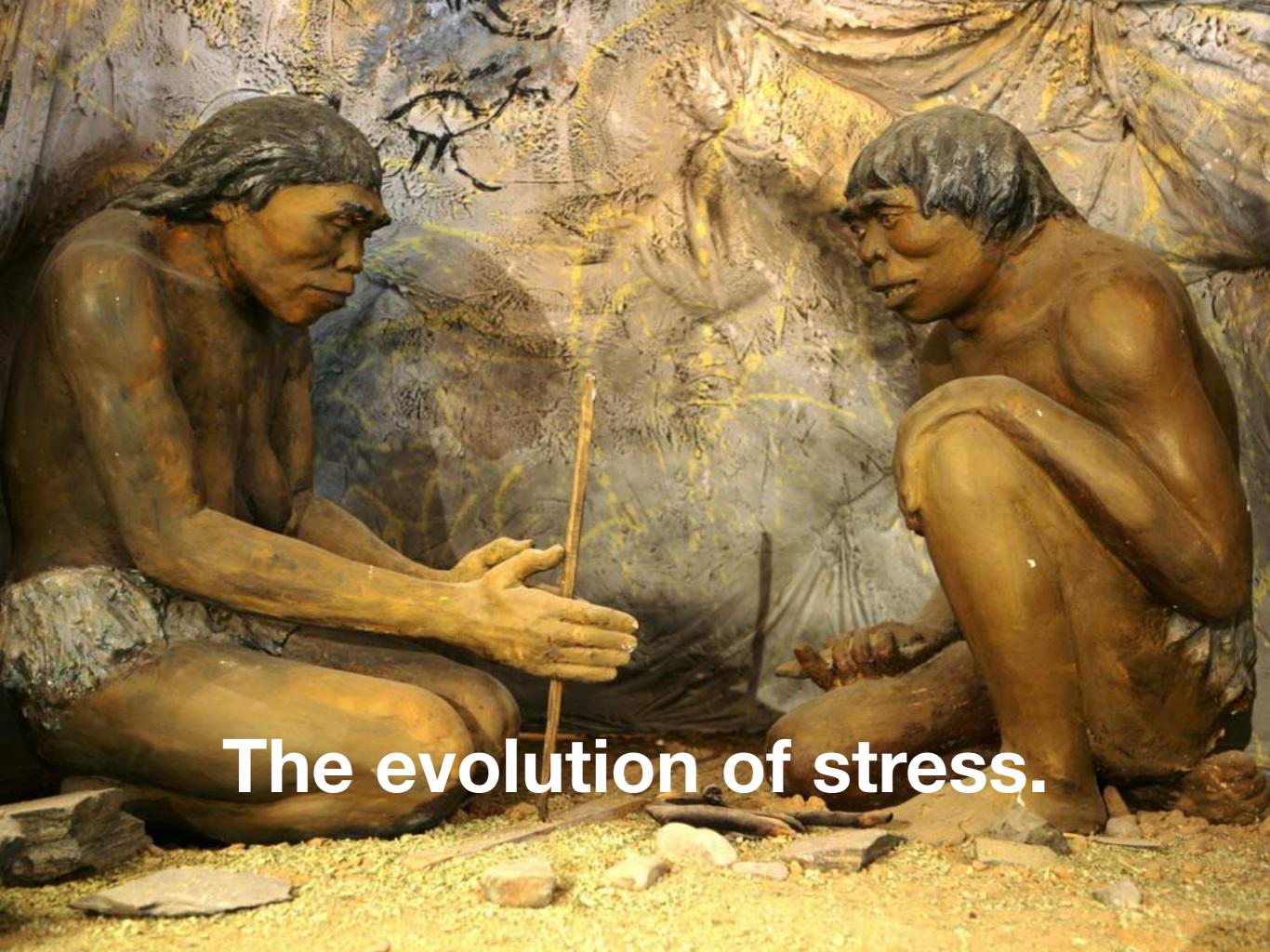










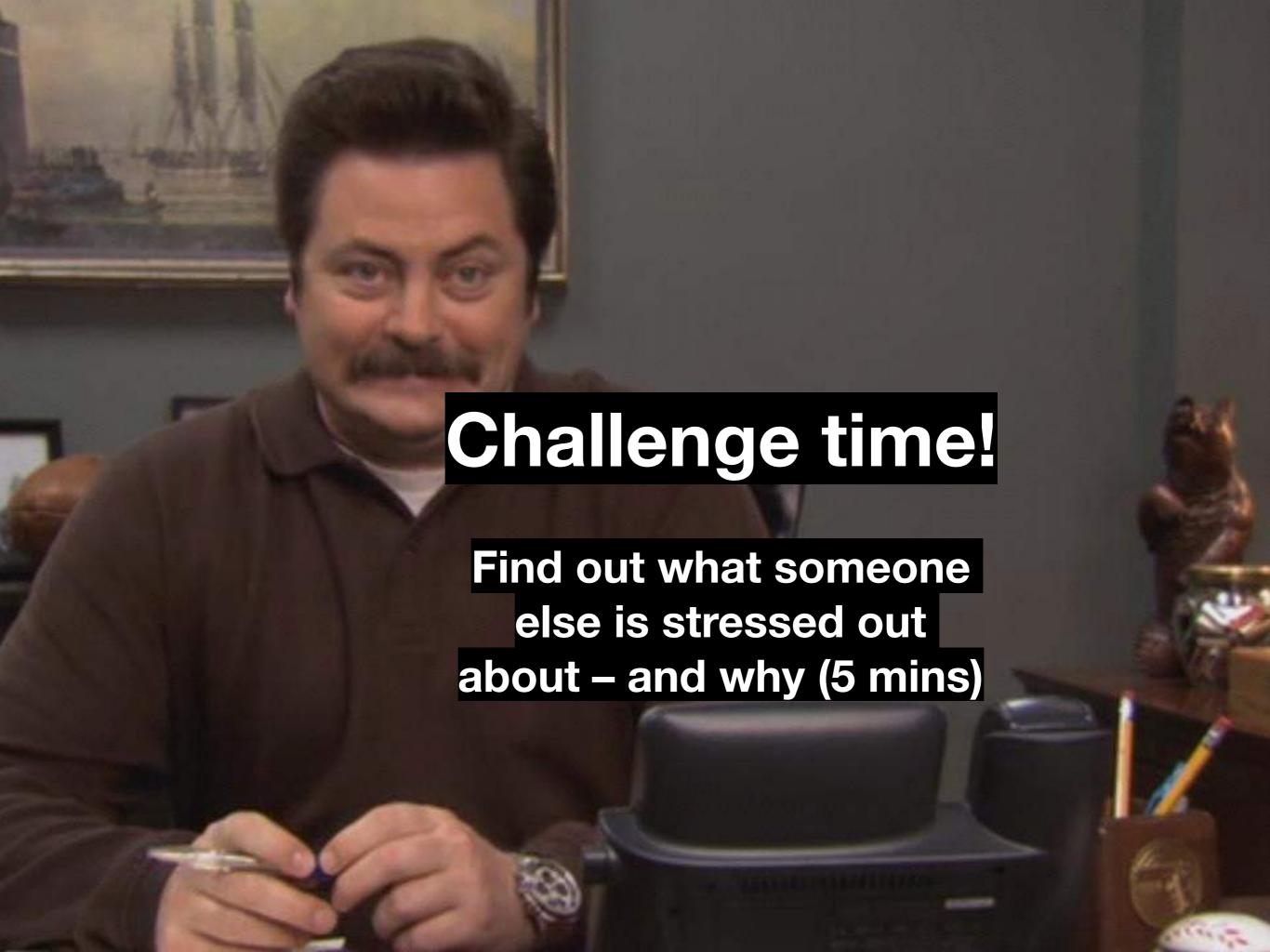






A leader should ...

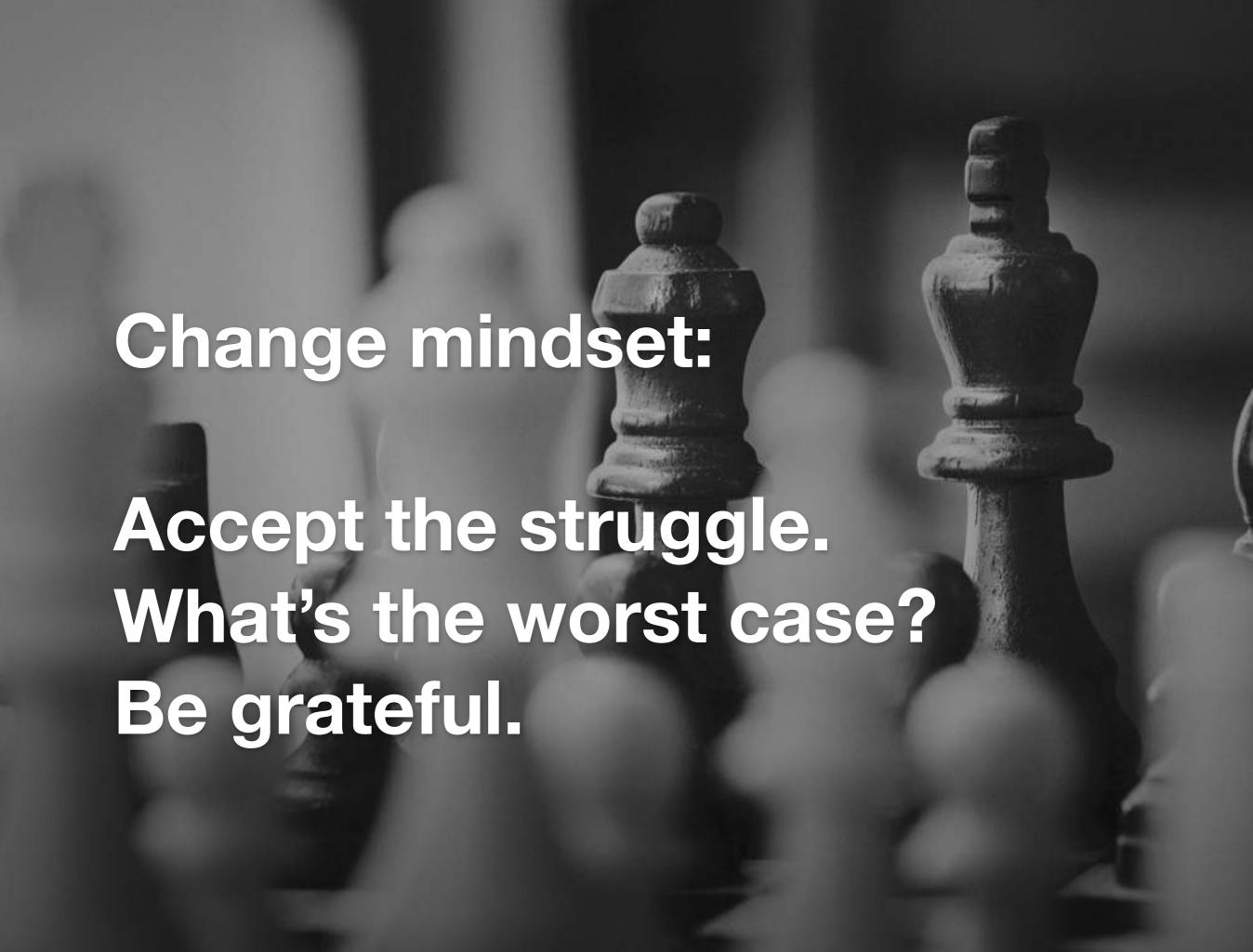
- monitor burnout
- · balance challenge & support
- · create a positive environment
- · allow self-management
- · ... and reduce distractions.

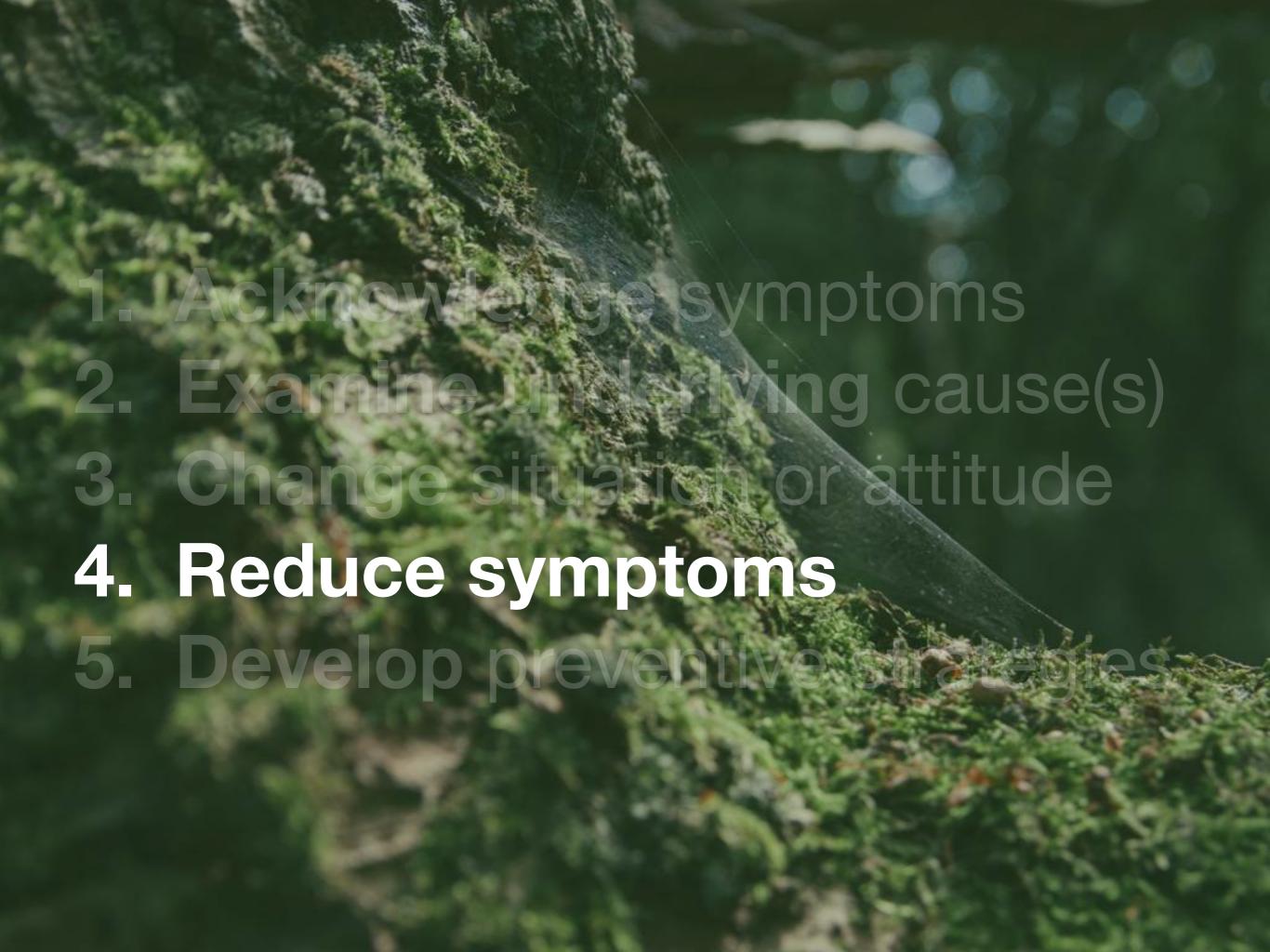












Stress reduction tools

- · Practical
- Immersive
- Affects body
- · Offline?
- · Social?

Mindfulness

Mindfulness

Remembering to pay attention to the present moment without judgment.

Mindfulness

Sati and smrti [edit]

The Buddhist term translated into English as "mindfulness" originates in the Pali term *sati* and in its Sanskrit counterpart smrti. According to Robert Sharf, the meaning of these terms has been the topic of extensive debate and discussion. [34] *Smrti* originally meant "to remember," "to recollect," "to bear in mind," as in the Vedic tradition of remembering the sacred texts. The term *sati* also means "to remember." In the *Satipaţţhāna-sutta* the term *sati* means to remember the dharmas, whereby the true nature of phenomena can be seen. [34] Sharf refers to the Milindapañha, which explained that the

Presence or Thoughtfulness

The benefits of not being mindful





