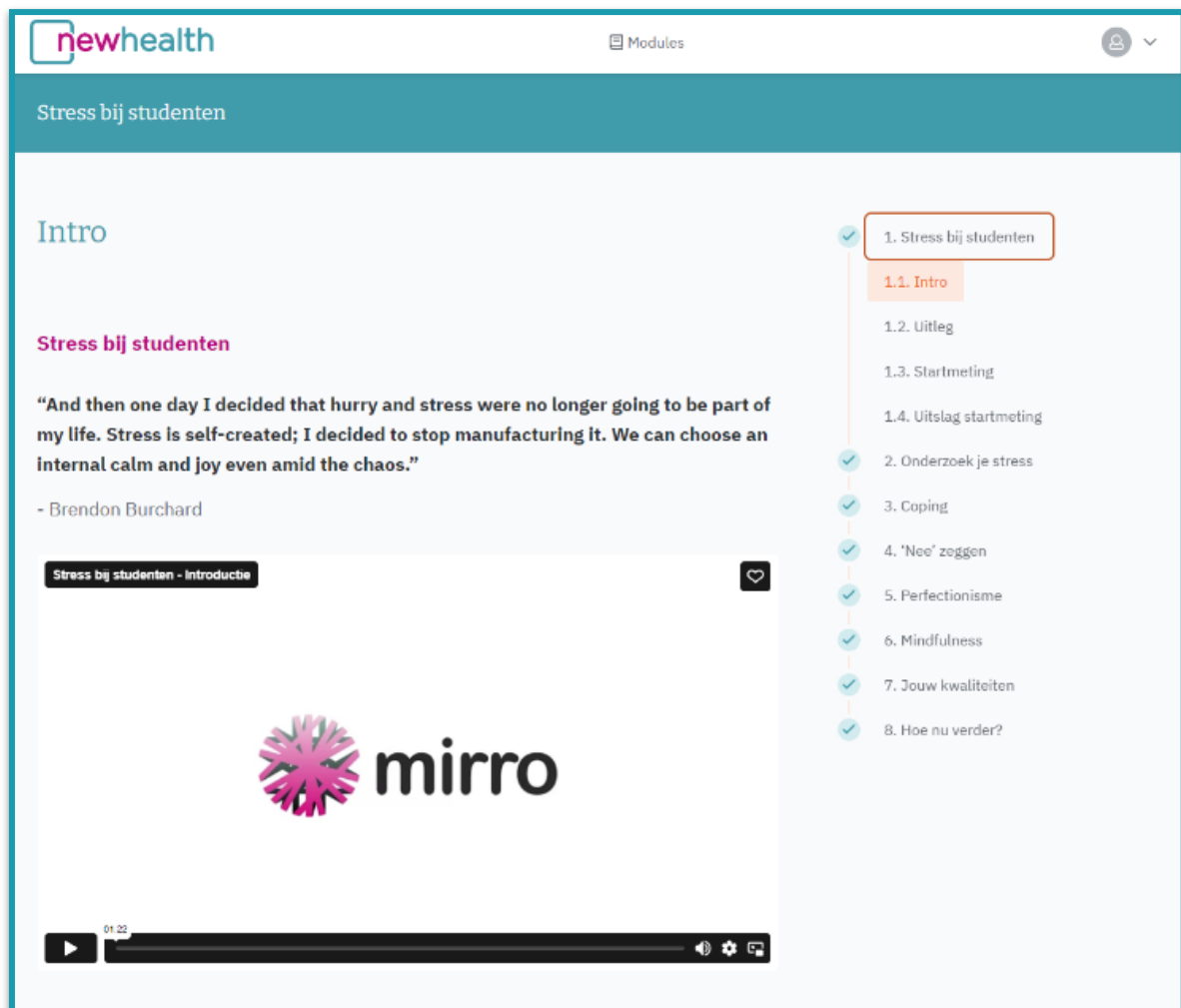


About the: “Stress Among Students”

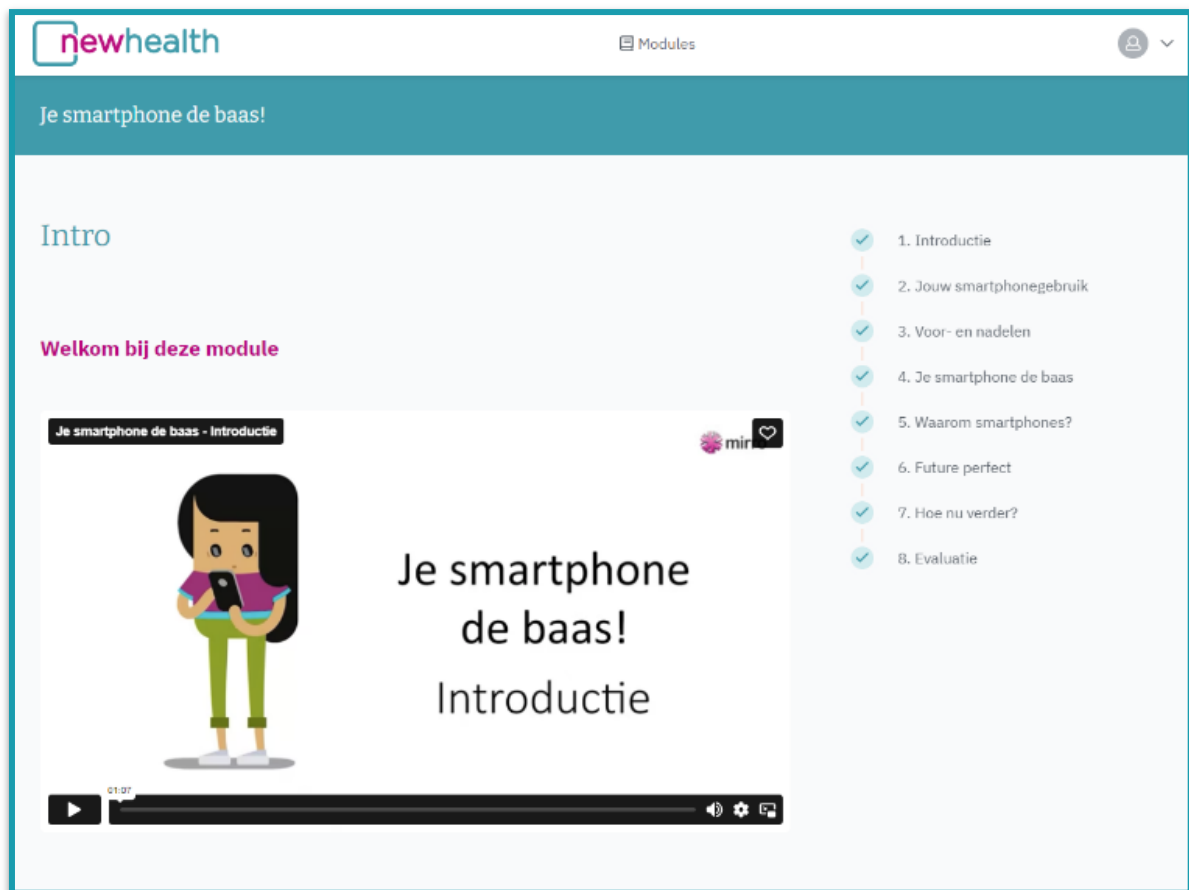


The screenshot shows the 'newhealth' website interface. At the top, there's a header with the 'newhealth' logo, a 'Modules' link, and a user profile icon. Below the header, the page title 'Stress bij studenten' is displayed. The main content area is divided into two columns. The left column contains an 'Intro' section with a quote by Brendon Burchard: "And then one day I decided that hurry and stress were no longer going to be part of my life. Stress is self-created; I decided to stop manufacturing it. We can choose an internal calm and joy even amid the chaos." Below the quote is a video player titled 'Stress bij studenten - Introductie' showing a pink snowflake logo and the word 'mirro'. The right column is a sidebar with a list of module topics, each preceded by a checkmark icon. The first item, '1. Stress bij studenten', is highlighted with a red box, and its sub-item '1.1. Intro' is also highlighted. The other items in the list are: 1.2. Uitleg, 1.3. Startmeting, 1.4. Uitslag startmeting, 2. Onderzoek je stress, 3. Coping, 4. 'Nee' zeggen, 5. Perfectionisme, 6. Mindfulness, 7. Jouw kwaliteiten, and 8. Hoe nu verder?

This was a point of attention, so this seemed like an interesting topic to dive into. I mainly experienced this last week (week 8 from Block B Y2). The last couple of days were extremely stressful. I started the days of fully focussed and ready to finish everything. Even though I knew I had everything I still wanted to go above and beyond for a better grade. These days were very rough on me. My mind wanted to keep going, I was so motivated, but my body kept saying no. These days I got headaches, bellyaches, dizziness and sleeping issues. But I used the “active problem solving” coping mechanisms. This made me realize that I had to keep going because once I finish this it will be all over. And I would be mad to myself if I did not give it my all. Mainly because I knew I could do other things once I’m done.

All of this was a lot, but I am glad I chose to keep going because this ended up with the best result. And me feeling very good after.

About the: “In Control of your Smartphone”





This was a point of attention, so this seemed like an interesting topic to dive into. Because lately I have been suffering quite a lot of doomscrolling. This is something where I am not proud of. I want to find a way to fix this and make an end to this addiction. So, I am glad I was able to follow along with this module.

When I was thinking about the points that are “good” for using your phone, it made me realize that it does not make sense at all. And even when I checked my phone screen time it made even more sense. All the time I contribute to my phone has no logic. It is not needed at all!

So, for the future I want to make sure that, when I think “I will stop after this video or post” I will immediately stop. Not finishing the video at all because that is what keeps me more into it. I really hope this will work. And I am glad that I was able to realize this.

About the: “Game-check”


 Modules 

Game-check

Intro

Voor- en nadelen

Gamen, hoe lang of hoe kort ook, heeft voordelen en nadelen. Dat is voor iedereen anders.



In dit onderdeel zet je de voor- en nadelen van gamen op een rij. Ook onderzoek je hoe zwaar de voor- en nadelen voor je wegen. Zo krijg je inzicht in wat gamen je kost en wat het je oplevert.

We gaan ervan uit dat er altijd voordelen zijn: het gamen levert je hoe dan ook iets op. Dat er ook nadelen zijn, wordt in dit onderdeel ook duidelijk. De vraag is hoeveel voordelen en nadelen jij ervaart en hoe zwaar die wegen.

- ✓ 1. Introductie
- ✓ 2. Voor- en nadelen
- ✓ 3. Gamen de baas
- ✓ 4. Waarom gamen?
- ✓ 5. Gamen, familie en vriendschap
- ✓ 6. Omgaan met druk
- ✓ 7. Hoe nu verder?
- ✓ 8. Geef je mening

This was a point of attention, so this seemed like an interesting topic to dive into. When I was following along with the videos and the texts, I realized that my “gaming addiction” is not as active as expected. I do think about a certain game sometimes because I would just love to play it more often. But it is not like it is a big issue.

The only thing that I do encounter is that I play games a little to long. As in till to late. This causes issues because I will sleep worse because of it, and I will not be as awake as I want to the next day. This made me come up with some nice things to add to fix this problem: Keep track of the time as often as possible and make sure it doesn't exceed my max play hours. Which I will set on 1 o clock at midnight in the weekends, and 11 o clock during the weekends. This will ensure that I get enough sleep for the next day.