



Ta makten över din stress

Andreas Piirimets

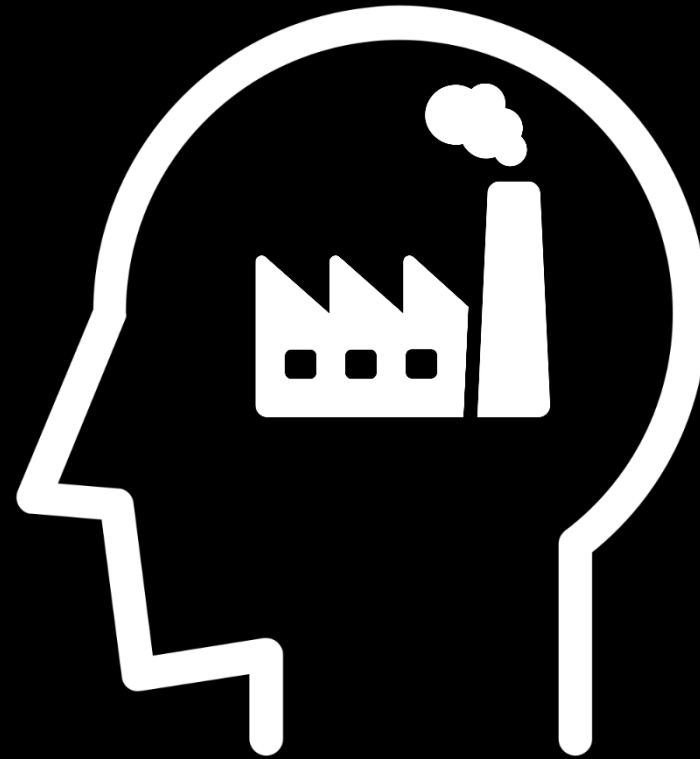
Ledarskap över gränserna
2026-03-20

Skriv:

**Vad får du inte glömma att göra
efter dagens utbildning?**

Kontrollcentret Amygdala

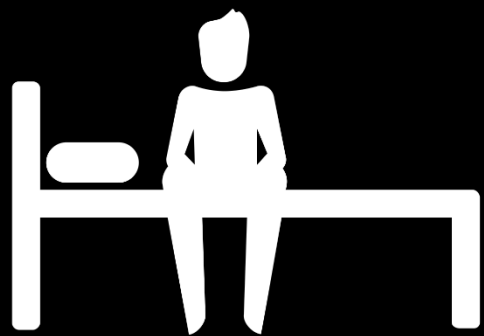
Fabriksarbetarna



Kortisolkompaniet

Herr Hippocampus

Fru Dopamin



KONFLIKTER

SMÄRTA

ORO

UPPGIFTER

PENGAR

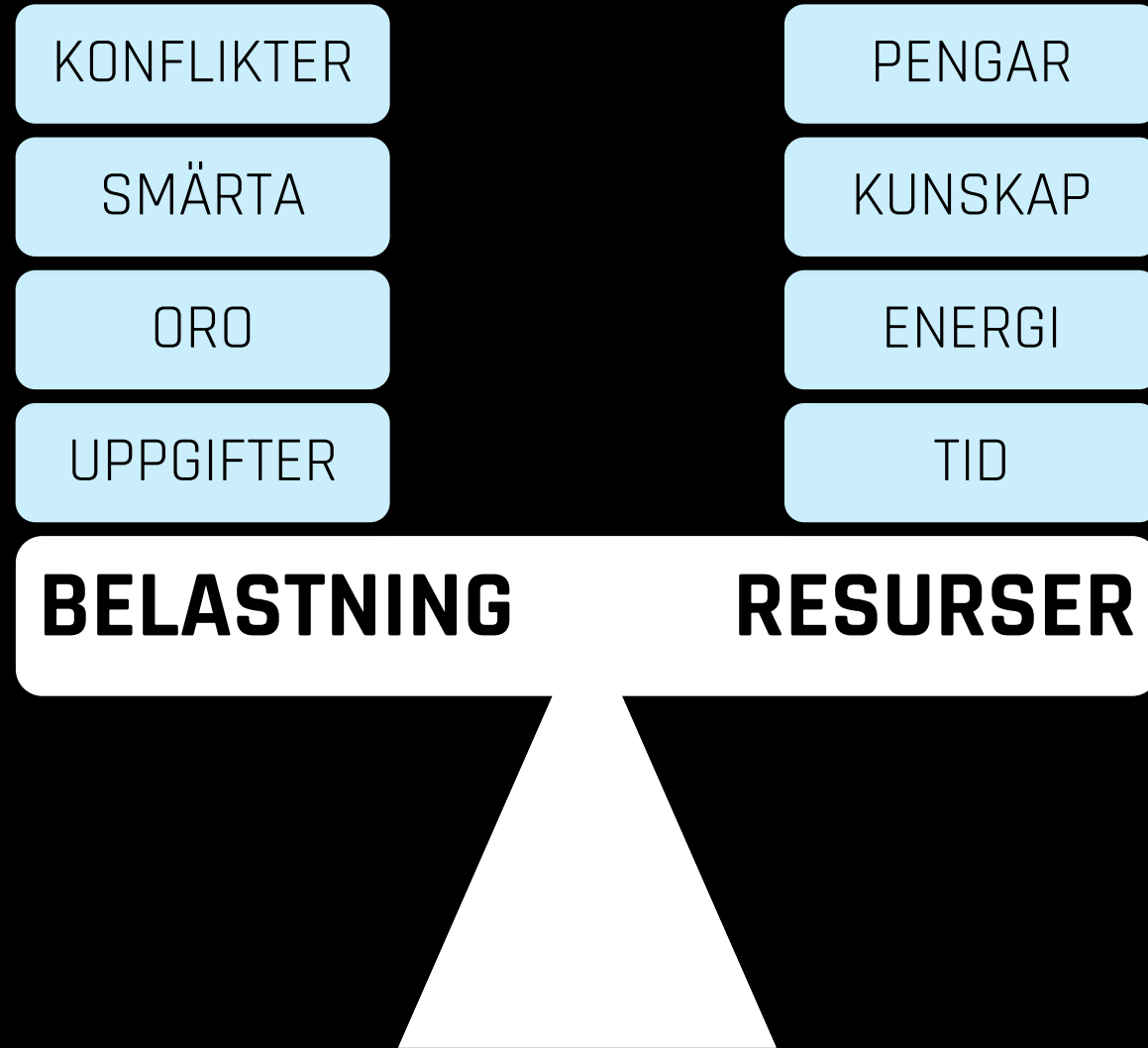
KUNSKAP

ENERGI

TID

BELASTNING

RESURSER



Idag har jag varit:

Trevlig

Noggrann

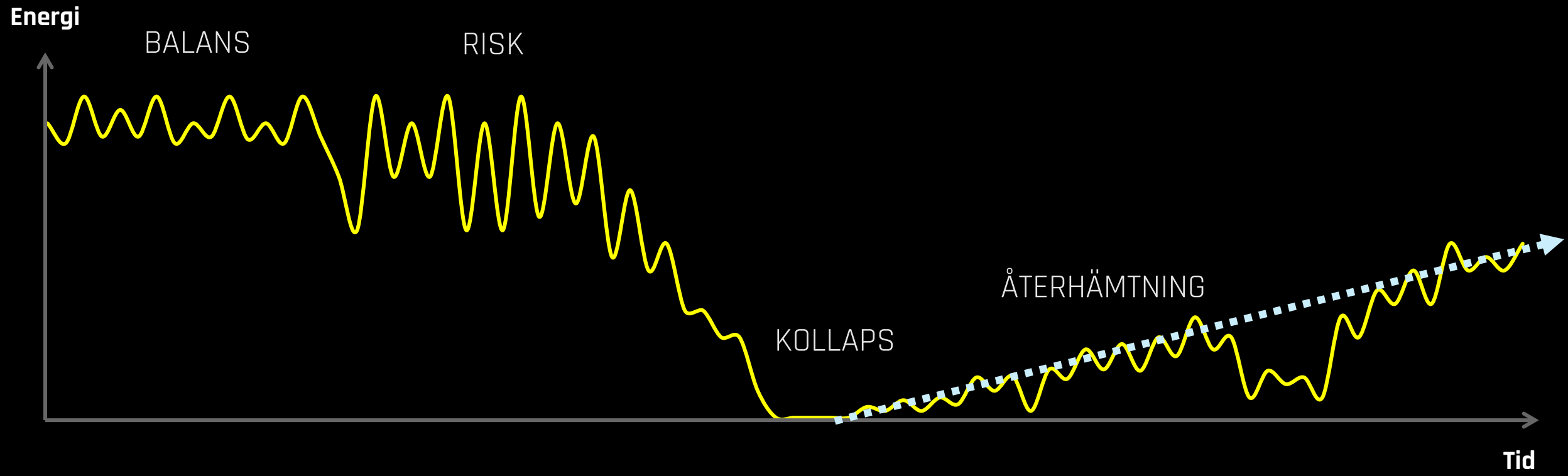
Hjälpsam

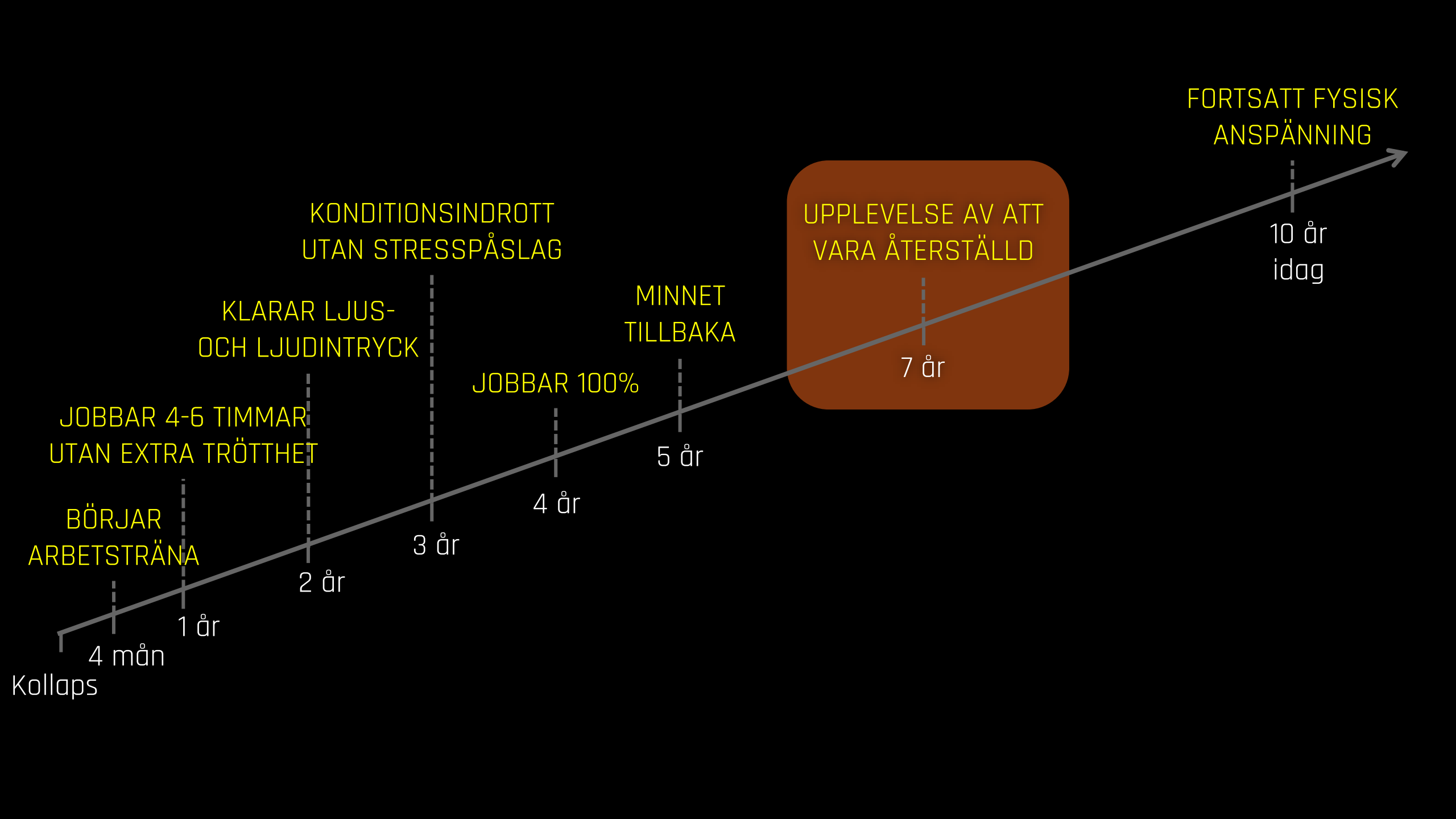


"Jag har ett sjukt roligt jobb!"

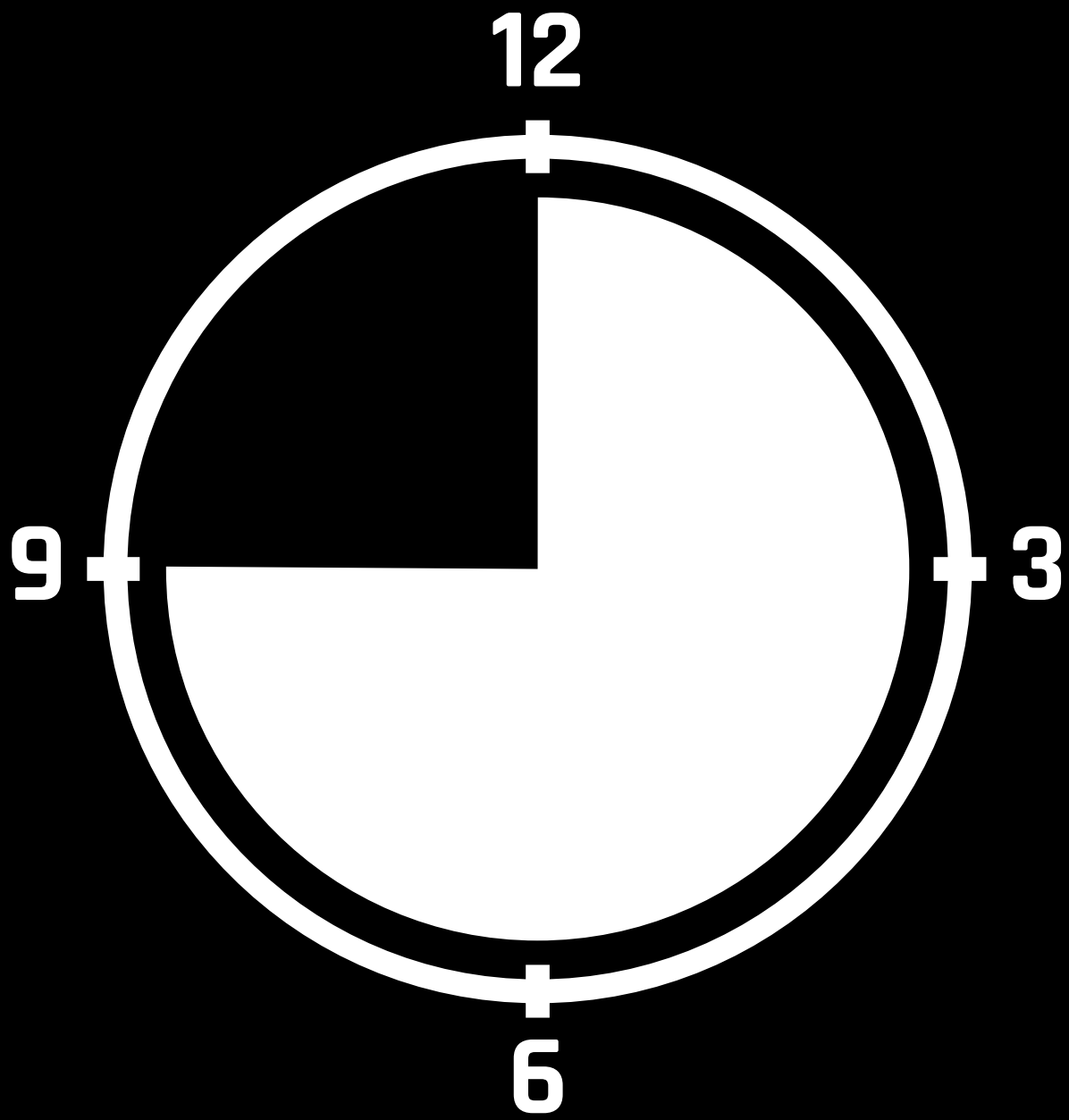
"Det är ju inte så att jag mår dåligt."

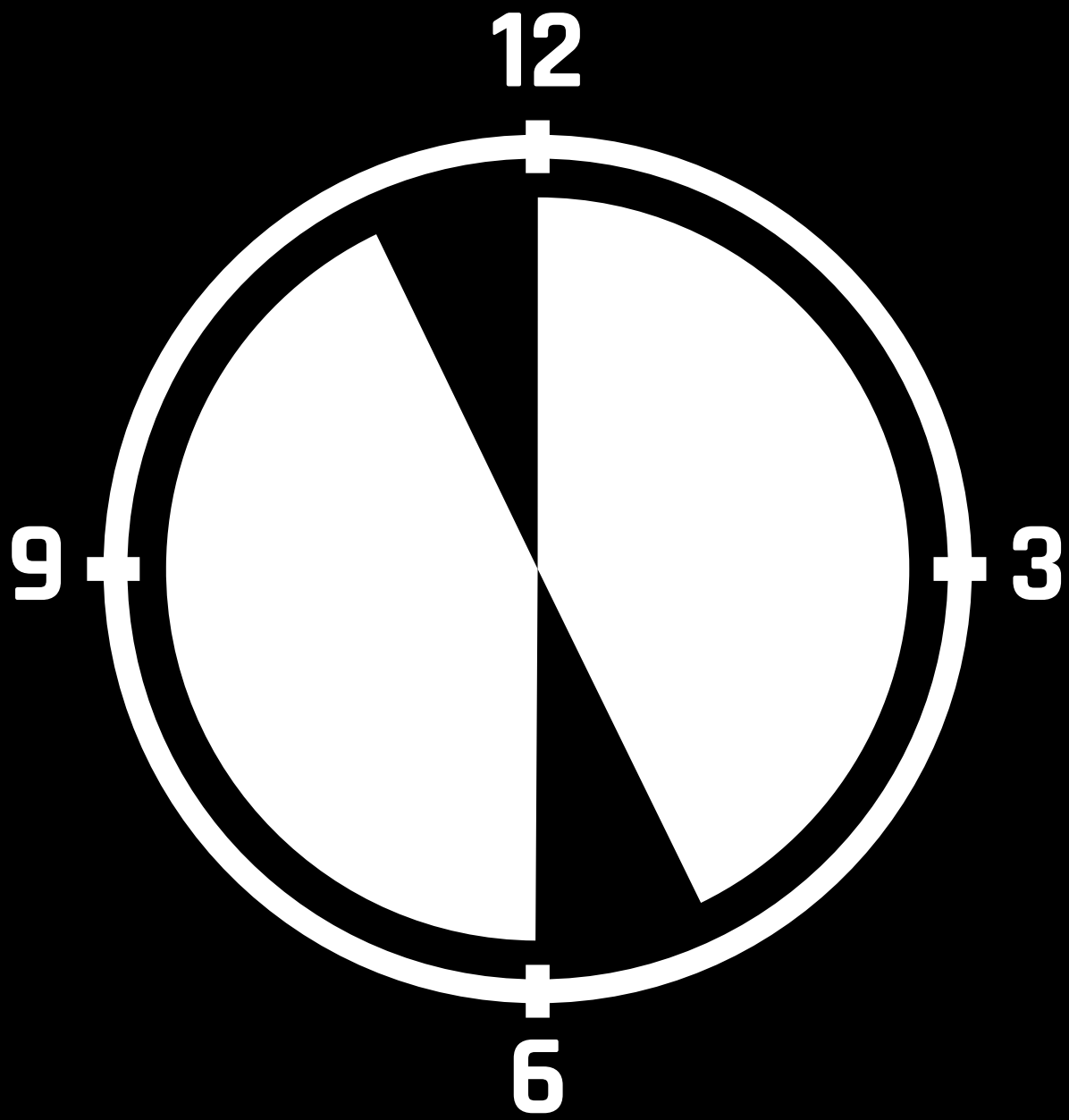


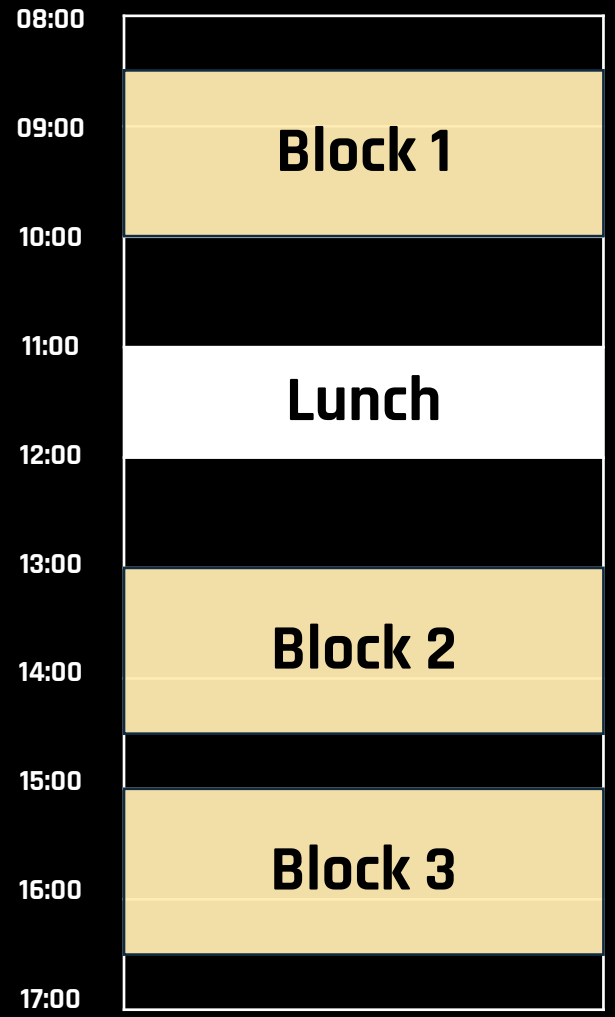


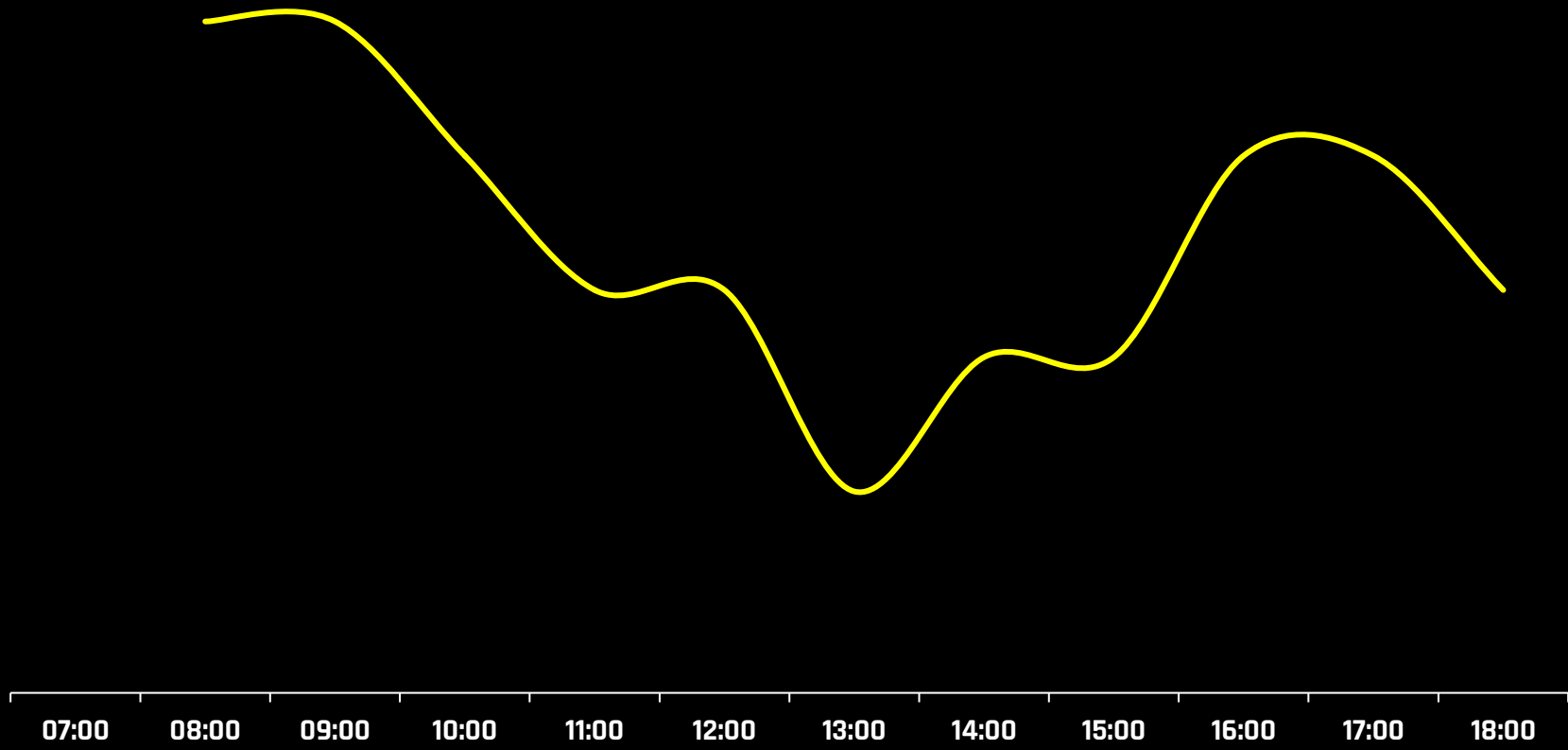


A - J	1 - 10	UTM..
A	1	U
B	2	T
C	3	M
D	4	A
E	5	T
F	6	T
G	7	N
H	8	I
I	9	N
J	10	G











THE
BOSTON MEDICAL AND SURGICAL JOURNAL

NEW SERIES.]

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Original Communications.

NEURASTHENIA, OR NERVOUS EXHAUSTION.

By GEORGE BEARD, M.D., Lecturer on Nervous Diseases in the University of New York.

I AM to speak to-night of a condition of the system that is, perhaps, more frequently than any other, in our time at least, the cause and effect of disease.

I refer to *neurasthenia*, or exhaustion of the nervous system.

The morbid condition or state expressed by this term has long been recognized, and, to a certain degree, understood, but the special name *neurasthenia* is now, I believe, for the first time presented to the profession.

It is quite recently, indeed, that the phrase nervous exhaustion has been popularized, at least as a term expressive of any special condition of the system. Prof. Austin Flint, in his Treatise on the "Principles and Practice of Medicine,"

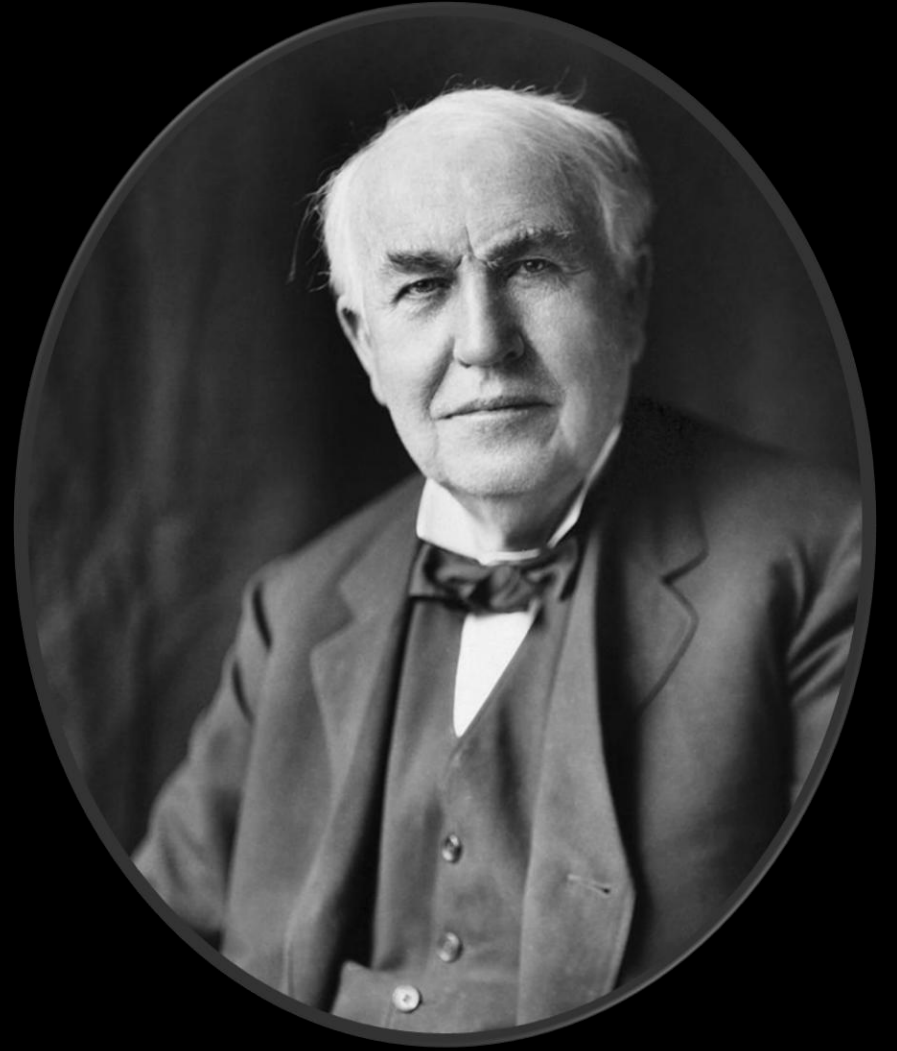
in the habit of employing the term *neurasthenia* to express the morbid state that is commonly indicated by the indefinite phrase nervous exhaustion.

This nomenclature would seem to be justified by philological analogy, by scientific convenience, and by actual necessity.

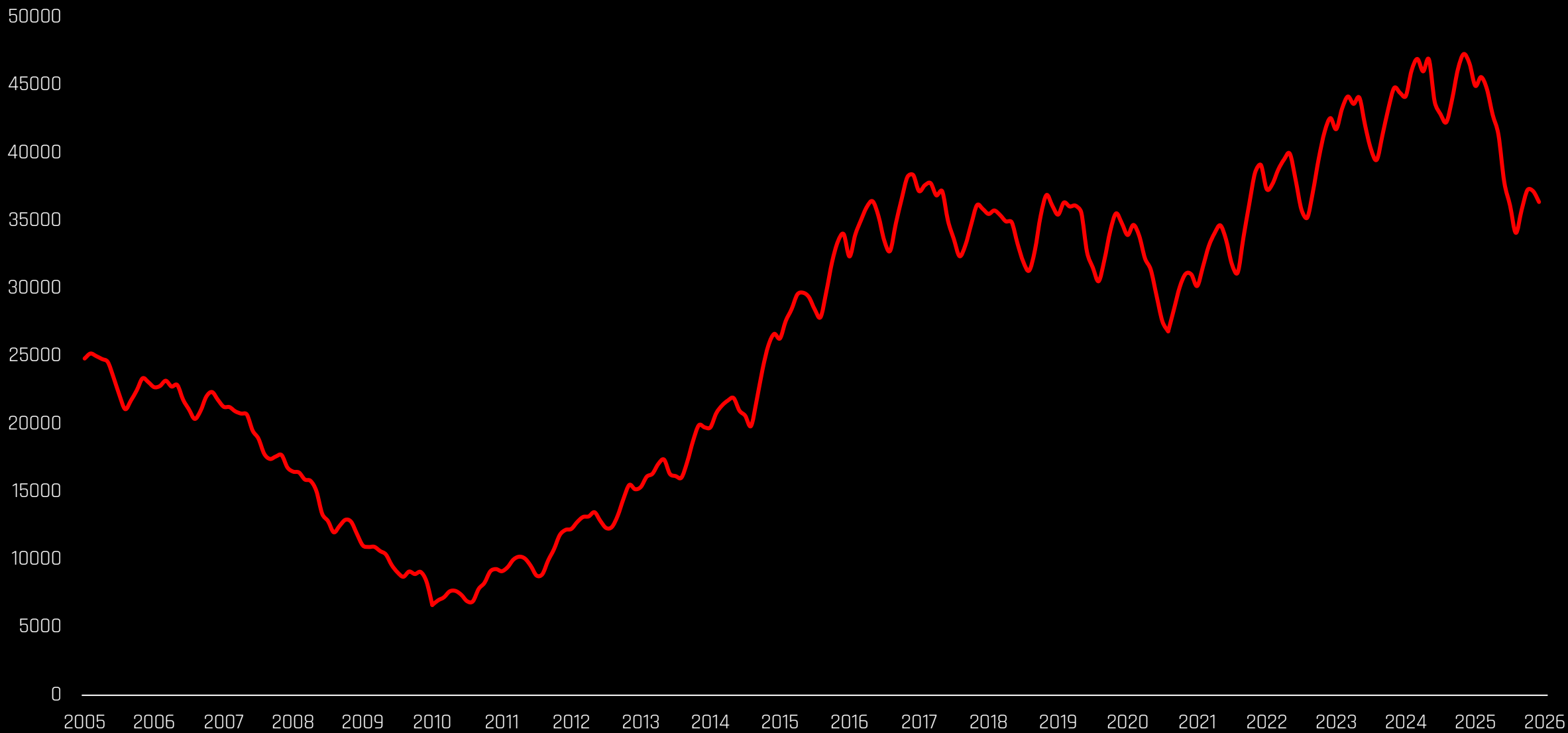
The derivation of the term *neurasthenia* is sufficiently obvious. It comes from the Greek *νευρον*, "a nerve," *a*, privative, and *σθενος*, "strength;" and, therefore, being literally interpreted signifies want of strength in the nerve.

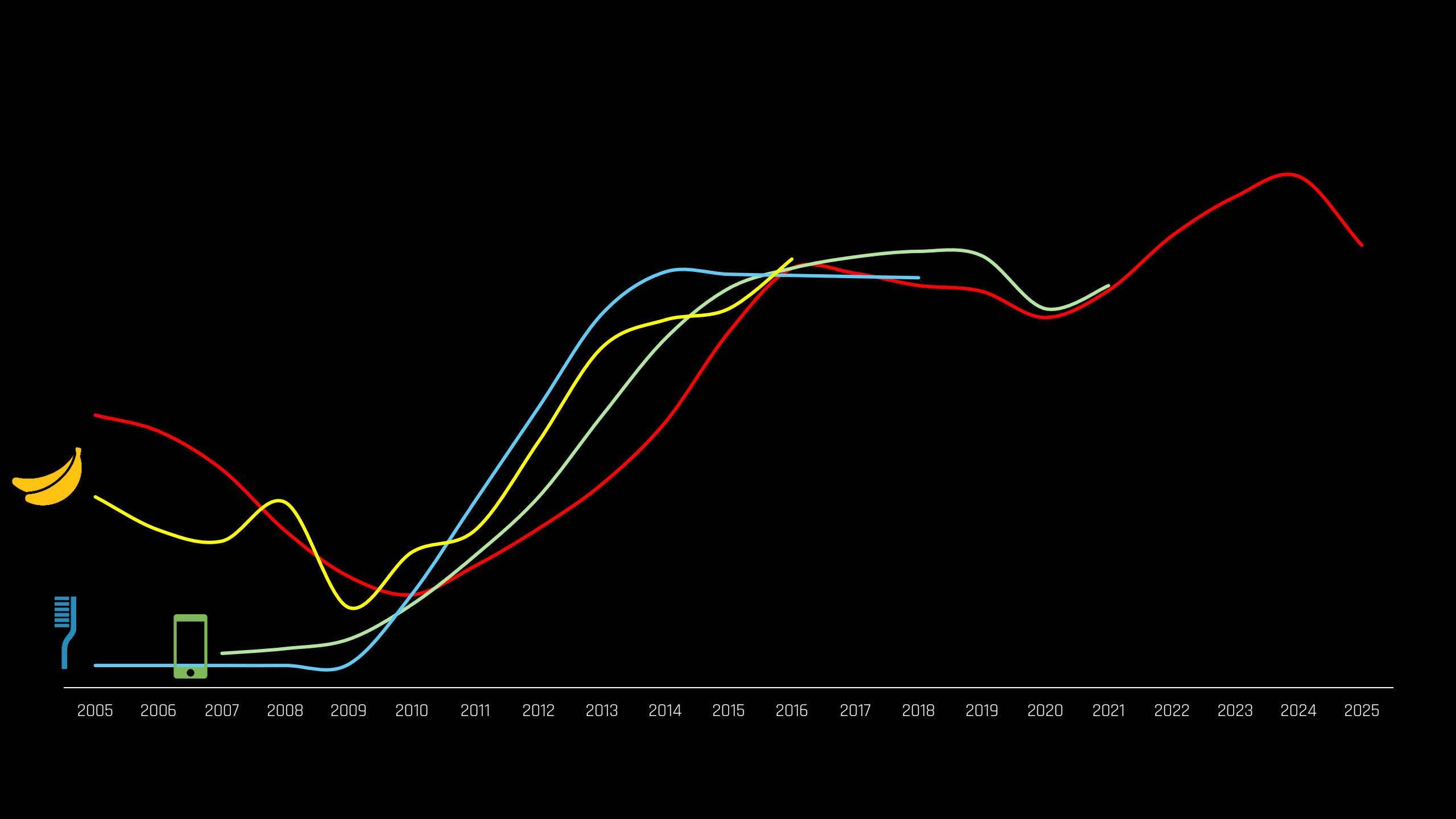
The character of this malady, if I be allowed to call it such, may best be understood by comparing and contrasting it with *anæmia*, a condition which has been more thoroughly discussed, and is therefore more vividly appreciated by the profession at large.

Anæmia (derived from *a*, privative, and *αιμα*, "blood") is to the vascular system what *neurasthenia* is to the nervous. The one means want of blood, the other want of strength.



Anpassningsstörningar och reaktion på svår stress (F43)





Hur kan vi hjälpa varandra till
en **hållbar** och **uthållig** arbetsvardag?

Skriv:

Vad jagar dig?

Markera de som jagar dig allra mest.

Bestäm en tidpunkt då du ska ta tag i dem, en efter en.

Louise



Klas



EFFEKTIVITET

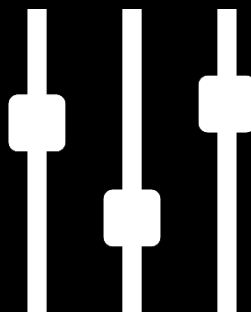


INSATS

RESULTAT



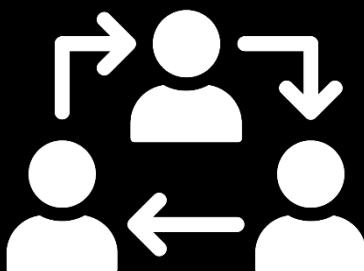
**ARBETS-
BELASTNING**



**UPPLEVD
KONTROLL**



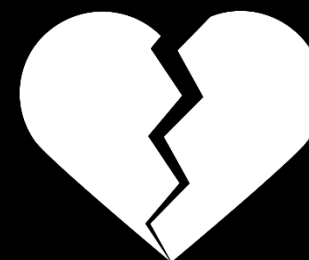
**FÖRVÄNTADE
BELÖNINGAR**



**SAMSPEL
MED ANDRA**



**UPPLEVD
RÄTTVISA**



**VÄRDERINGS-
KONFLIKTER**



HEMMA
JOBDET
FÖRENINGEN
TANKAR IDÉER

E-POST

POST-ITS

SMS

BREV

ANTECKNINGAR

RÄKNINGAR

KVITTON

BÖCKER

ÅTAGANDEN

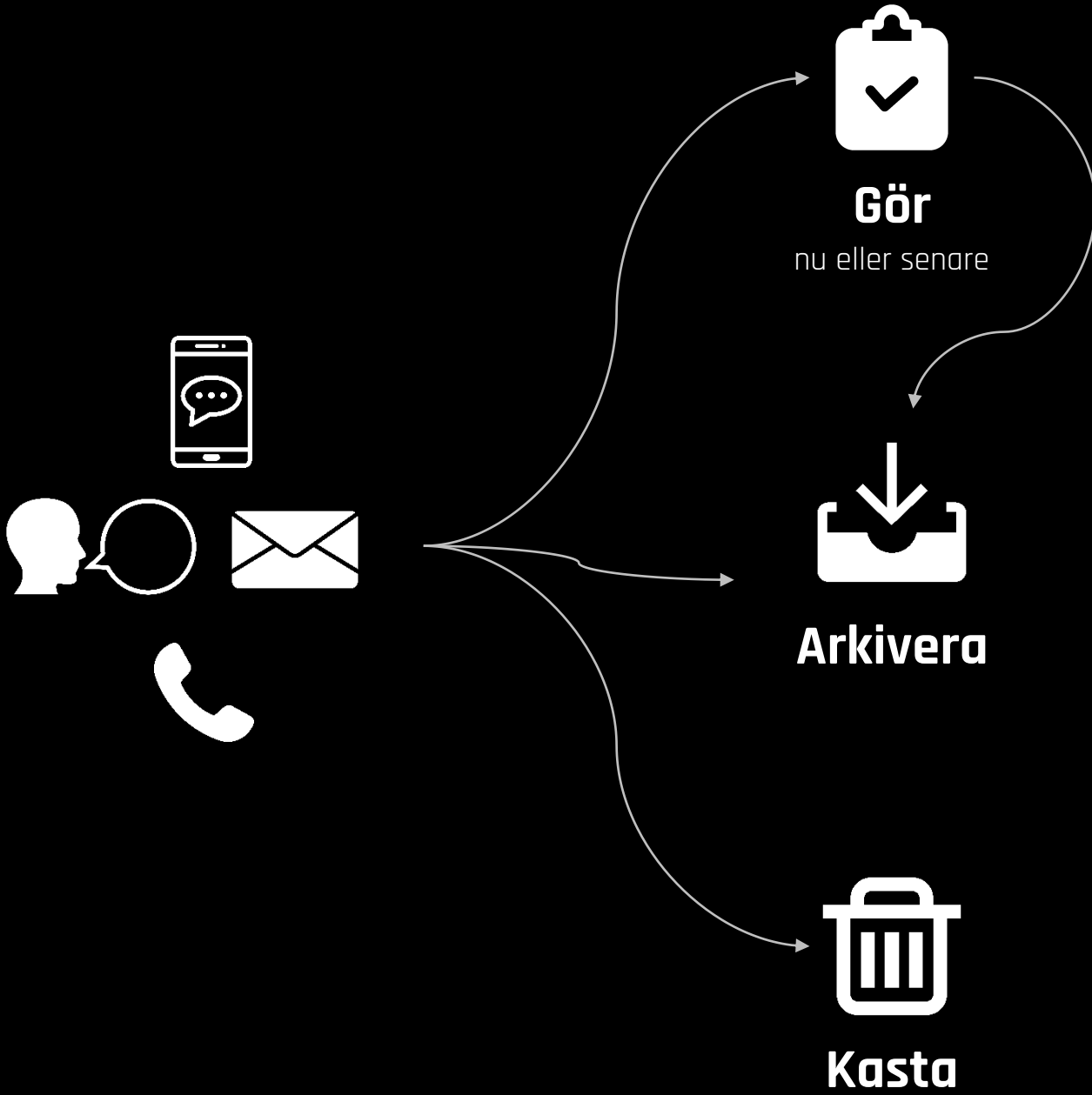
SAKER PÅ
SKRIVBORDET

Skriv:

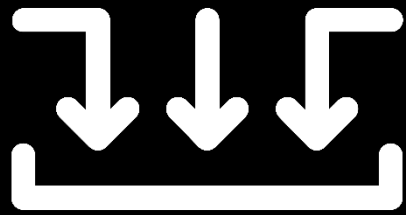
Vilka kontaktvägar tillåter du?

Markera de du inte längre vill ha.

Planera för hur du kan avsluta dem.



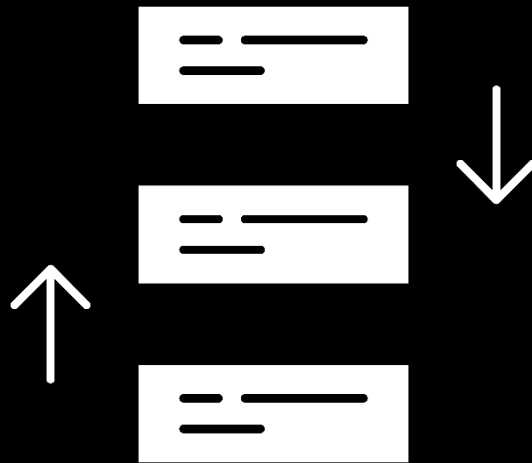
1



**Samla in från
alla kontaktvägar**

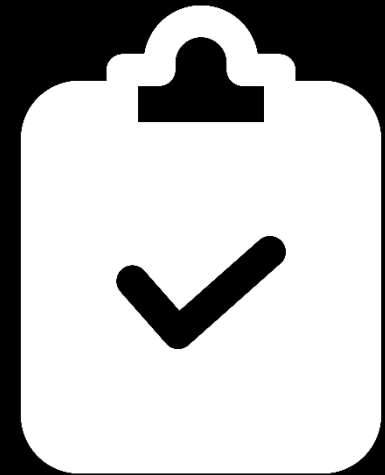
(inkl. arkivera och kasta)

2

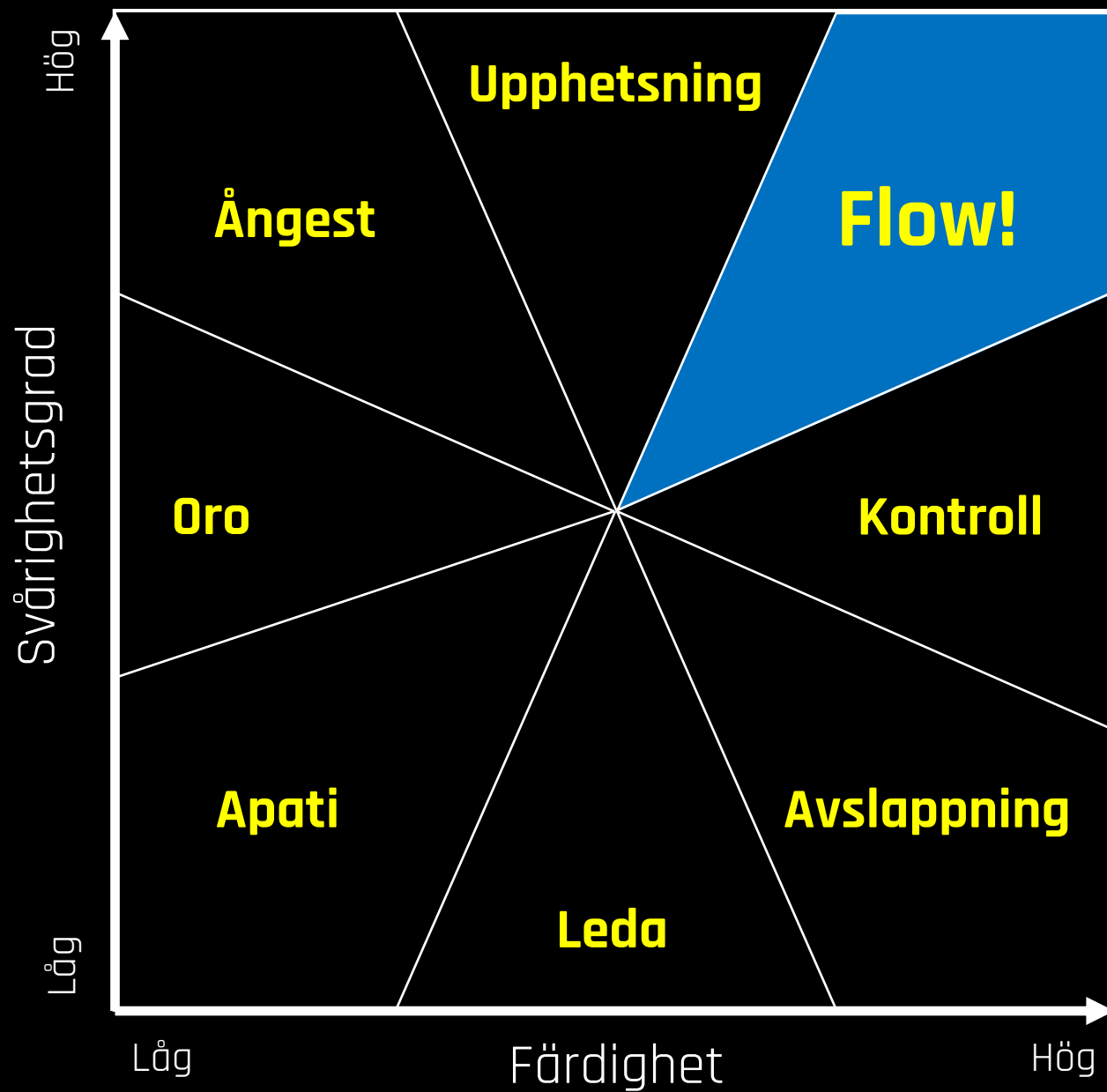


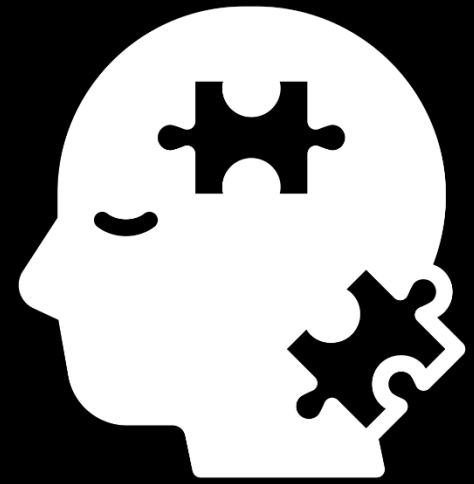
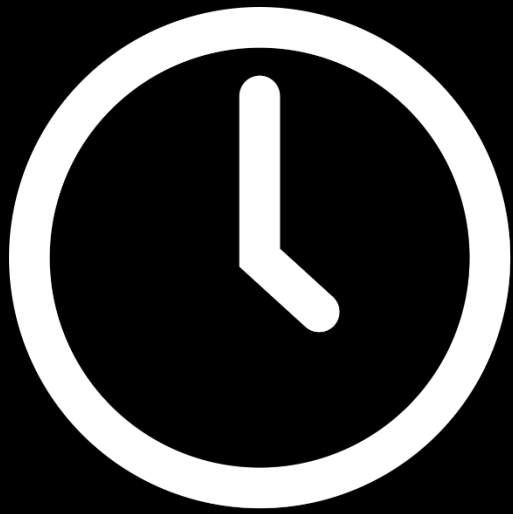
Prioritera

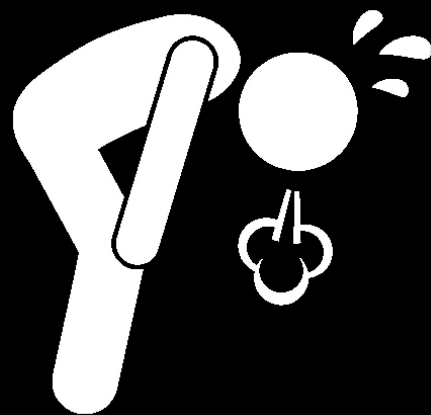
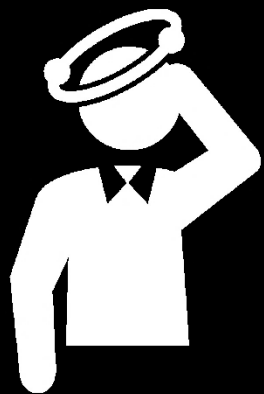
3

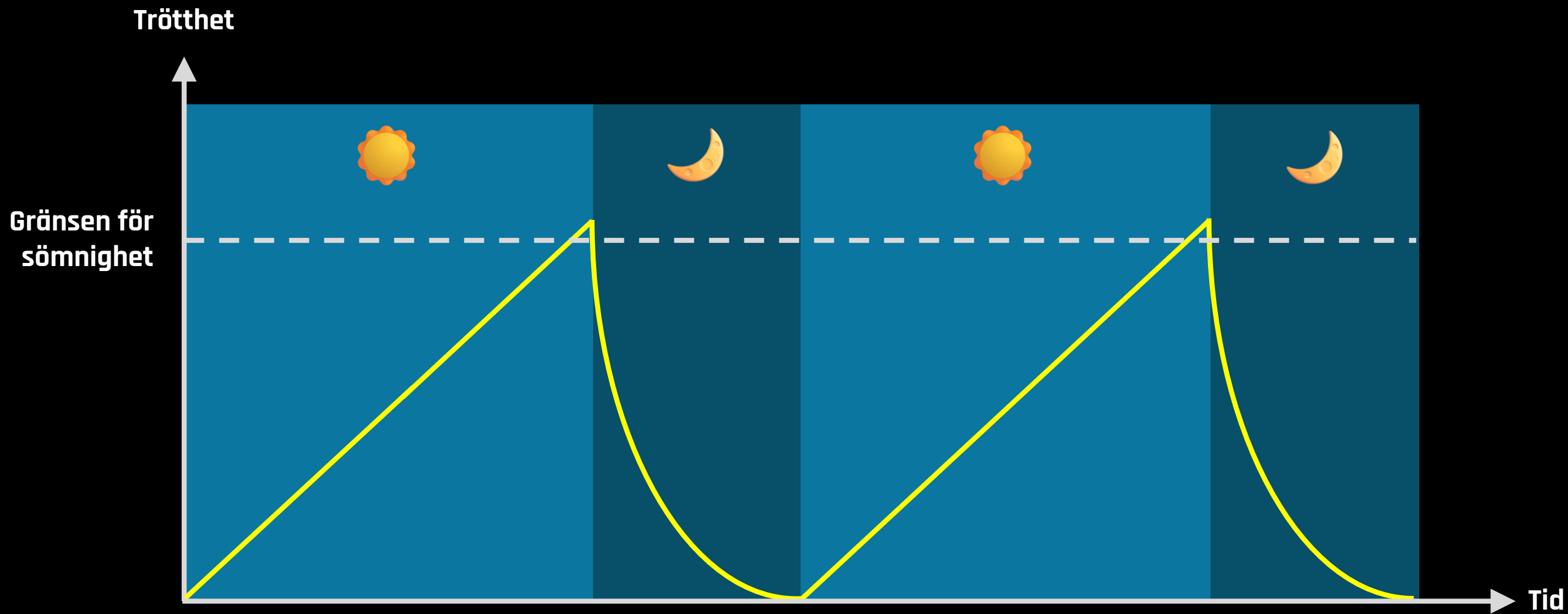


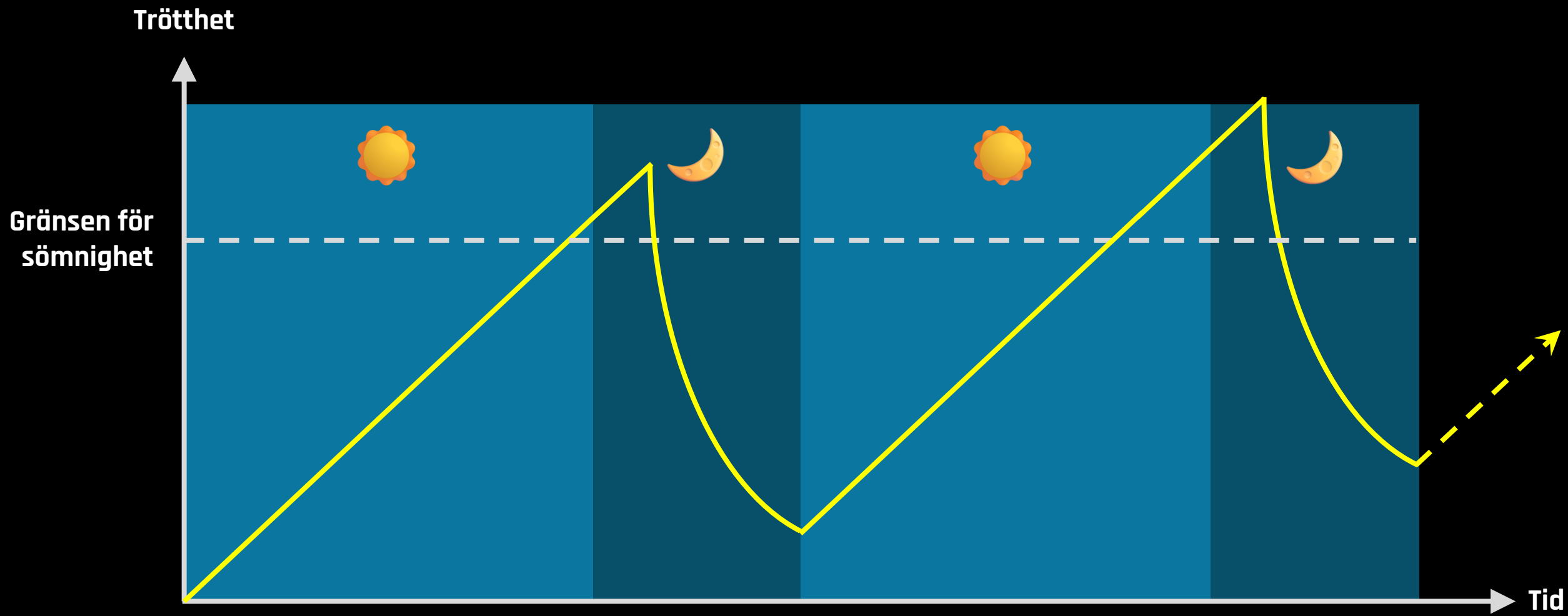
Gör

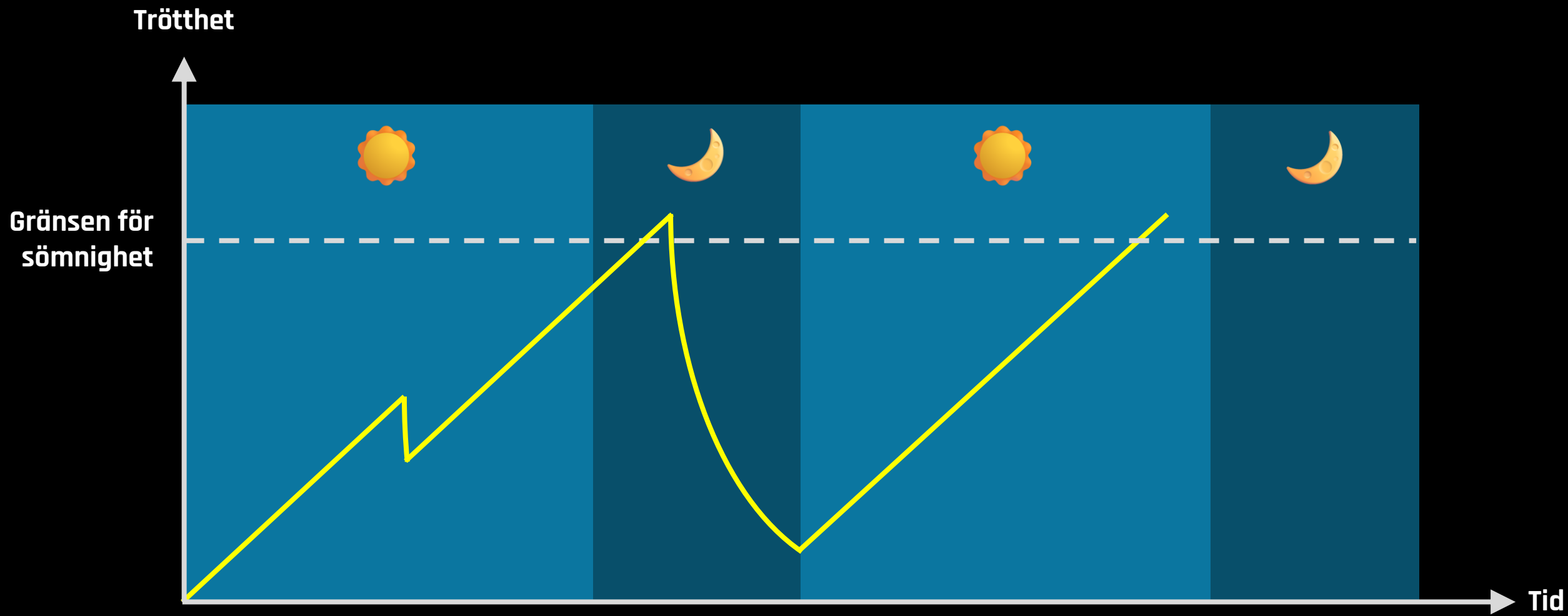






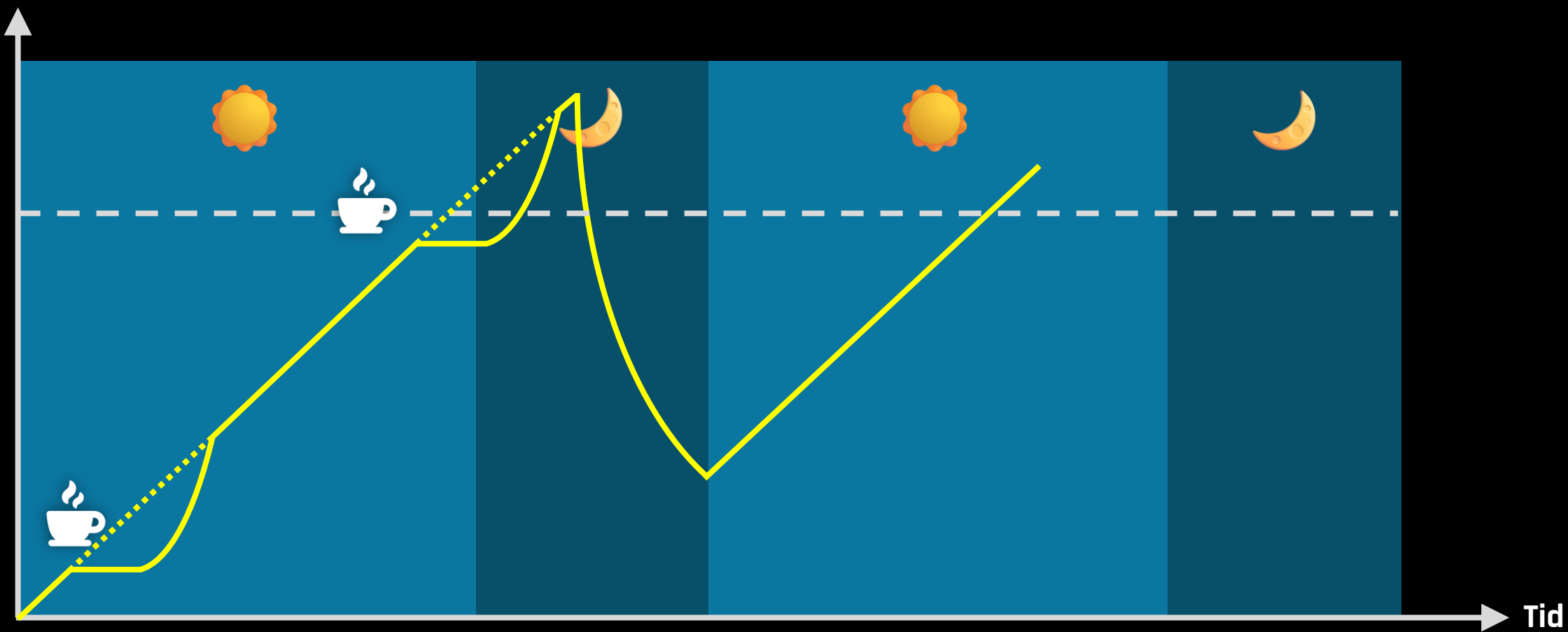


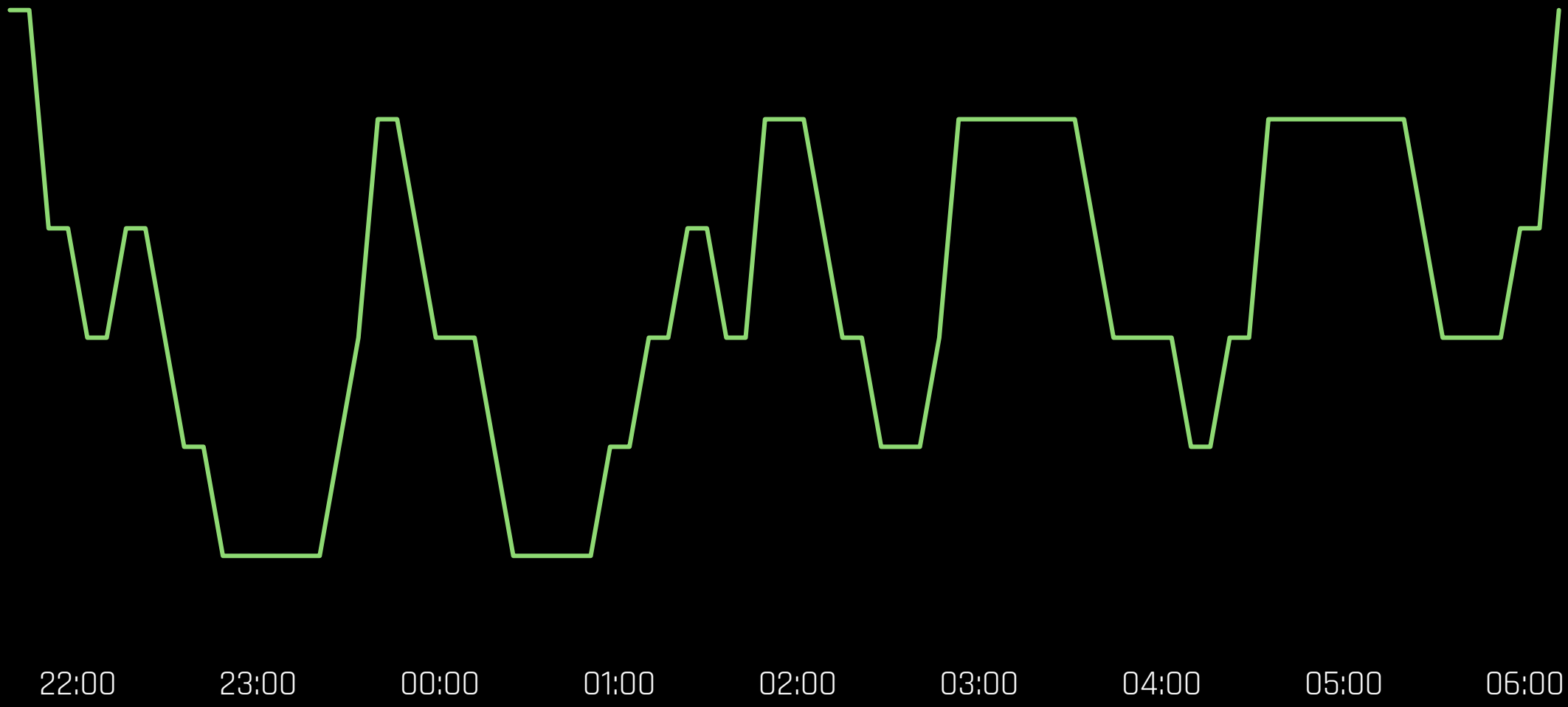


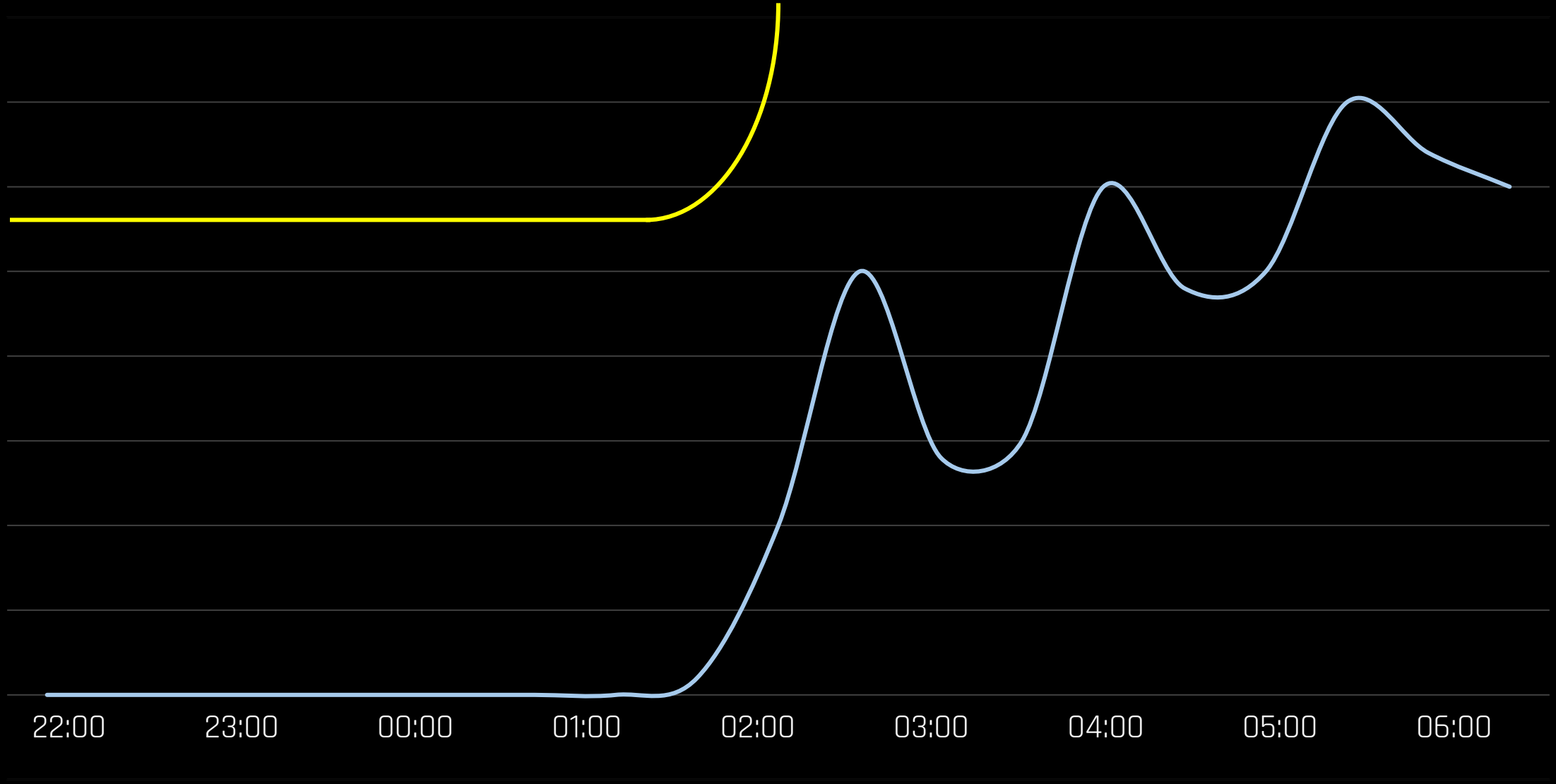


Trötthet

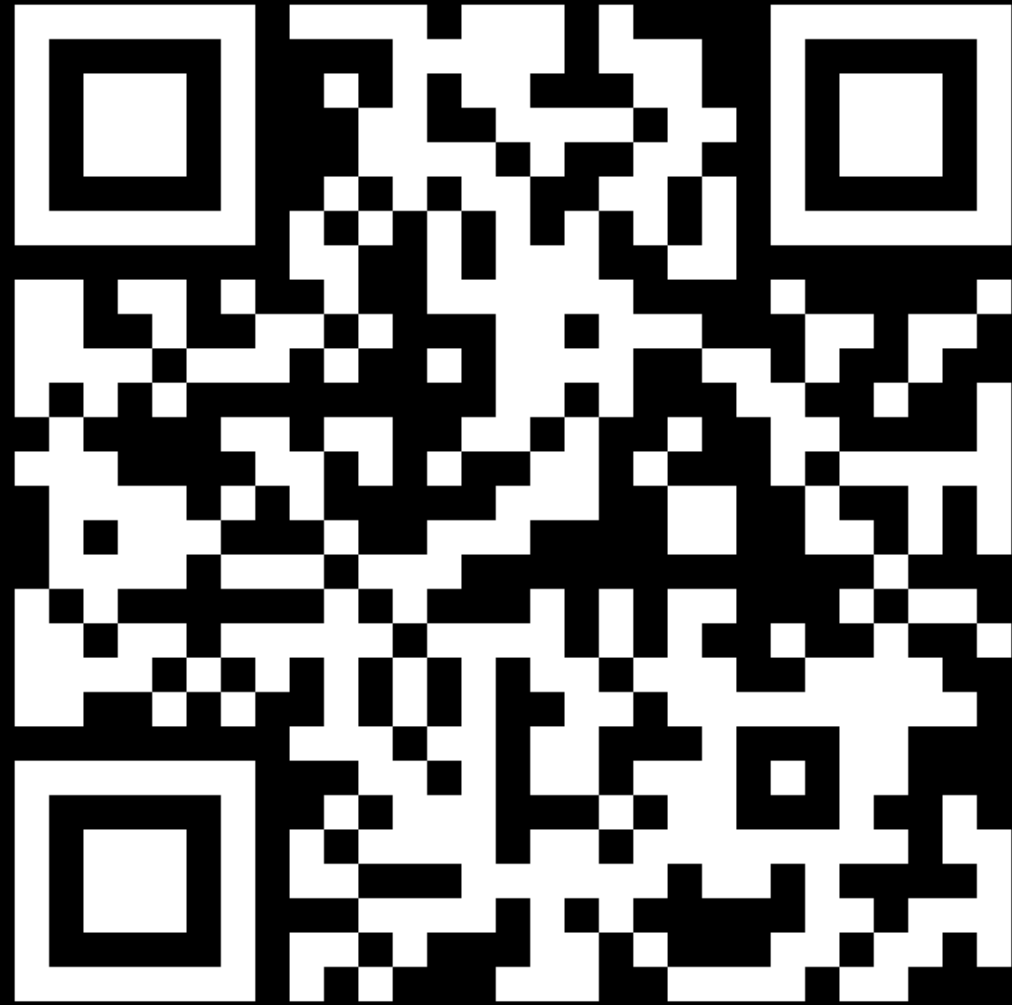
Gränsen för sömnhet







Oj, är det hit min hjärna vill just nu?



AndreasPiirimets.se/LOG

Mer läsning

Finns på Bokus, Adlibris, m.m.

Ljudbok på Storytel m.m.

