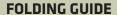


## **STRESS**

## **USING YOUR FLIP FLAP:**

The Flip Flap can be used to start a discussion on some of the key elements in stress. It contains a wide range of issues that have an impact on stress on your work - as well as the eight questions inside the Flip Flap.

Leave the Flip Flap out as a visible reminder that stress can be found in all work-places. And use it together with the 5 tips on preventing heavy workload and time pressure – and the 10 tips for the working environment group on preventing stress.



- 1. Place the Flip Flap with the back facing up (this side).
- 2. Fold the four corners towards the centre so that they meet.
- 3. Turn the Flip Flap over so that the eight questions are visible.
- 4. Fold the four corners again towards the centre.
- 5. Now fold the Flip Flap in half to turn it into a small rectangle.
- 6. Insert your fingers into the four "pockets" of the Flip Flap.
- 7. You are now ready to use it.



Find more materials about stress here:

## etsundtarbejdsliv.dk/stress

## **HOW TO USE IT**

- 1. Keep the Flip Flap closed so that you can only see the four large, coloured fields.
- 2. Ask your co-worker to choose a colour.
- 3. Now operate the Flip Flap as many times as the number of letters in the coloured field.
- 4. Then ask your co-worker to select one of the words visible inside the Flip Flap.
- 5. Repeat the operation for the same number of letters in the word.
- 6. Now ask your co-worker to choose a word for the last time.
- 7. Lift the flap and ask the question below the chosen word.