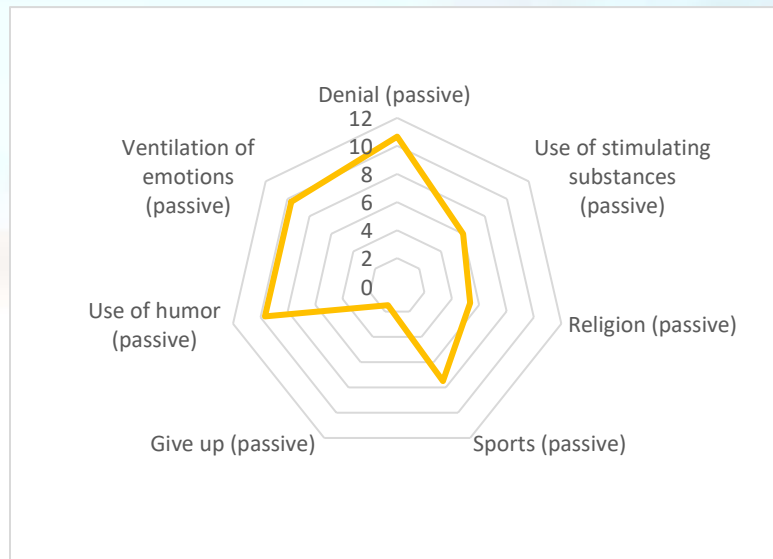


Dear xxxxxx,

You recently completed the Stress Check. This scan provides insight into a person's personal stress levels as well as coping strategies that play a role in daily life.

In a complementary web lecture we will discuss types and levels of stress from a general point of view. Although stress is considered often to be a burden, it has both good and bad effects. There are several ways to deal with it effectively, so-called coping strategies. In the overviews below you can see which active (the blue lined graph) and passive ways (the yellow lined graph) are used to deal with an obstacle that leads to significant levels of stress.

The yellow and blue lines in this overview connects various points. These points indicate the extent to which coping style you use most. The closer a point is to the outer edge, the greater the influence of the coping style in question on you daily life. If the tip is close to the center, the style plays little or no role.



In the short term, it may be acceptable to use passive styles, such as those shown above. However, this does not solve the long-term issues. I therefore advise to further develop the active styles. Experience shows that a coach or advisor can help with this. Discussing the stress as well as the cause of it and coping styles is a good start. I recommend that you discuss the results of the scan with your coach. If you would like to discuss or spar beforehand, please contact me directly via edwin.weesie@hu.nl.