

PROGRAMMA

- ▶ Mindfulness oefening
- ▶ Uitleg angst en stemmingsklachten
- ▶ Filmpje
- ▶ Oefenen cognitieve gedragstherapie

A wooden sign with the word "MINDFULNESS" painted on it in blue, mounted on a post against a blue sky with clouds. The sign is made of light-colored wood and has a simple arrow-like shape. The word "MINDFULNESS" is written in a bold, sans-serif font. The background is a bright blue sky with soft, white clouds. The sign is mounted on a dark, weathered wooden post. The overall scene is bright and clear, suggesting a sunny day outdoors.

MINDFULNESS

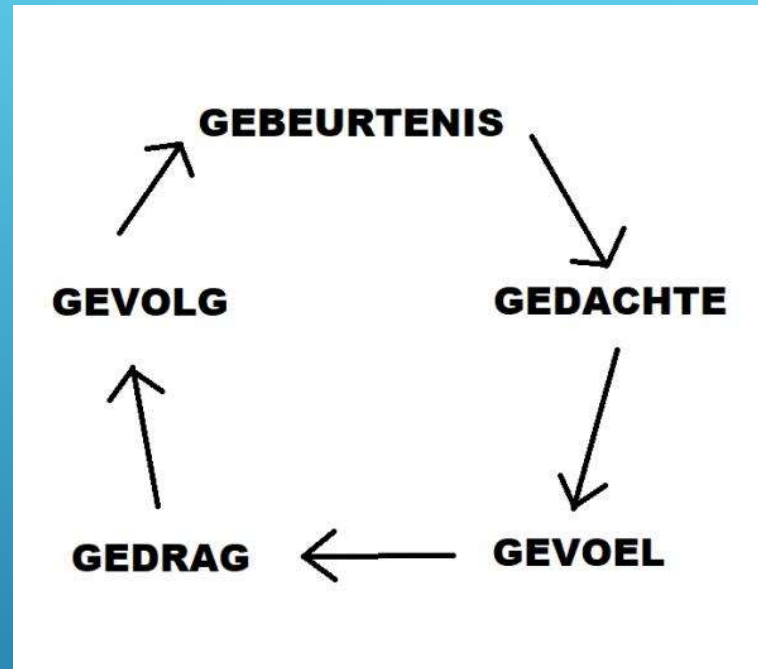


ANGST EN STEMMINGSKLACHTEN



▶ <https://www.youtube.com/watch?v=TIN9hadGdG0>

FILMPJE



UITLEG COGNITIEVE GEDRAGSTHERAPIE

Gebeurtenis

Wat is er gebeurd?

Gedachten

Waar heb je zoal aangedacht?

Gevoel

Wat heb je gevoeld?

Gedrag

Hoe heb je gereageerd?

Gevolg

Wat is er vervolgens gebeurd?

AFSLUITING

