

SPOTLIGHT

On the 7th of June SCOPE provided a workshop on the topic of boundary crossing behavior at the ISCOMS conference. ISCOMS is one of the world's leading student congresses in (bio)medical sciences. With a group of international students we worked on recognizing your signals (thoughts, emotions and physical sensations) when someone crosses your boundaries. Next to that, we reflected on how your values can be violated in cases of boundary crossing behavior and how knowing this can help you communicate about it. It was very nice to see how a group that did not know each other beforehand were open to discuss these topics and where to listen and help each other.



Theme: 'Niksen'

The summer months are coming up: there are no classes, and hopefully, there is less pressure to perform. An excellent time to take a step back and do nothing.

**How often do you do
nothing at all?**

AGENDA/EXTERNAL EVENTS

Juli 1 Keti Koti Festival
@Akerk Groningen

Twice/Month Groningen BlaBla Language Exchange

July 7-9 Smaak Festival
@Noorderplantsoen

August 17-27 Noorderzon
Festival of performing arts & society

August 18 Verward door je brein
Studium Generale at Noorderzon

August 26 Groningen Swim Challenge

Ongoing group Mindfulness-based stress reduction
Weekly - signing up is required

USVA Courses

▶ The Point of Doing Nothing

We often hear or feel like that everything we do needs to have a purpose; it needs to be effective and efficient, otherwise it isn't worth it. But what is the point of doing nothing?

In daily life we are often racing from one meeting or lecture to the next social engagement and in our down time we numb ourselves while watching series or scrolling mindlessly through social media. Even when we are 'relaxing' we are thinking of the next thing to do. But is this really relaxing?

In Dutch there even is a verb called 'niksen' for the phenomenon of doing nothing without getting bored. Doing nothing helps us to recharge; to really recharge, not just superficially. It's the time you spend on your own in which you don't really do anything, even no sleeping or reading. The idea of niksen is to consciously take time and energy to do activities like gazing out of a window or sitting without moving, and letting your mind wander. In such tranquil moments, there is no pressure to do anything.



Click on the
hyperlinks for
further readings



Doing nothing is not lazy.

We often feel like we have so much that we have or must do. When doing nothing, you are letting that layer of all your obligations slide off. No one expects anything from you. You don't expect anything from yourself.

Another layer appears. What do I actually feel like doing? Suddenly your most intrinsic motivations and interests appear. You think of the things you feel like doing, just for the sake of doing them.

This way, doing nothing has another purpose: getting to know yourself.

Get to
know us
better

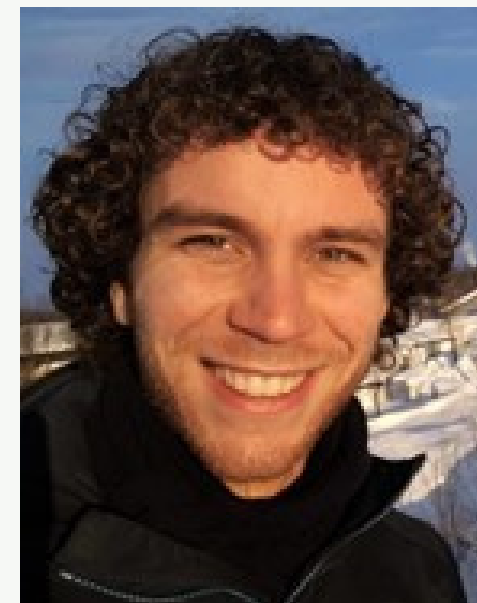
What do our trainers do to do nothing ('niksen')?



Joke Fleer: 'I have a garden full of trees and flowers. My goal is to create a paradise for butterflies, bees, ladybugs and other insects. In this garden my three chickens wander around and I have three cats, who are usually wherever I am. My favorite spot in my garden is my rose-red swing seat, which sits under a pergola overgrown with fragrant jasmine and other climbing plants. That's the best place to hang out; simply looking at the flowers and the bees, surrounded by cats and chickens. I recommend it to everyone.'



Floor Velthuis: 'Tricky, because 'niksen' implies that I do nothing and thus that the answer should be short. For me, doing nothing usually results in some form of tidying/cleaning rage. My husband would say that I don't 'niks' enough, but that aside. So to me, doing nothing is tidying up, tinkering in the garden, cleaning things that haven't been touched in 100 years, things like that. Sounds like a boring interpretation maybe, but it can relax my mind enormously.'



Jorrit Waslander: 'I am of the kind of people who cannot sit calmly very well. I don't usually relax by taking a bath, but by going for a run. The only time when I spend my time in sort of a trance on the couch is when I watch cycling on tv. Hours of hardworking riders accompanied by a monotonous commentator who tells yet another vague story from his own cycling past. Time flows by wonderfully.'

Who we are

How do you make sure to enjoy learning, not just now, but throughout your career? With SCOPE (expertise centre for personal development), we hope to contribute to a generation of happy students.

Therefore, we create innovative educational activities in which you increase your self-knowledge and experience the importance of reflection. To illustrate, we provide workshops on values (what do I find important in life?), goals (how can I achieve my personal goals?) and balance (what gives and what takes more energy?). For more information, take a look at our website (rug.nl/scope).