

Workshop 'Loneliness'

A New Perspective



Many people know the feeling of loneliness, and they experience it even or especially when surrounded by people. When you feel lonely you tend to revert even further back into your shell, which has the opposite effect on how you want to feel.

During this workshop we will discuss questions like: 'What is loneliness?' and 'What kinds of social connections do you want?'.

We will look at and work on loneliness in a different, more solution-focused way. Thinking this way builds confidence, is more motivating, encourages us to try new things, and helps us become more proactive.

Interested?

Scan or click on the QR code to find out more, and to sign up (free).



SIGN UP HERE

AGENDA/EXTERNAL EVENTS

November 4 [Let's Gro](#)

@ Forum Groningen

Nov 11 - Dec 4 [World Press Photo Exhibition 2022](#)

@ Synagoge Groningen

November 20 [Kill the Hill](#)

Running event @Kardinge

December 14 [Workshop 'Loneliness'](#)

Organized by SCOPE

By the Student Service Center, signing up is required:

December 5-19 [Embrace Imperfection](#)

Ongoing group [Mindfulness-based stress reduction](#)

Weekly on Wednesday mornings

[USVA Courses](#)

Life happens outside your comfort zone?!

Should we try to challenge and stretch ourselves as much as possible?

These days there are a lot of sayings that imply that we are wasting our time when we're 'safely' in our comfort zone. It thus seems that doing the things that stretch us or even scare us is the only way for us to grow and fully function as a human being. However, that is not entirely true, as probably some of your favorite things to do are in your comfort zone, and we also need time to rest and recover. So how does that work?

Let's first (ironically) dive deeper into the comfort zone itself first.

A comfort zone is:

- a state in which you feel comfortable, safe, and in control
- where you experience little stress or fear
- unique to each person
- different for each situation

According to researcher Brené Brown, we experience the least amount of uncertainty and vulnerability in our comfort zones. From an evolutionary perspective, this is especially beneficial, since reducing danger results in better chances of survival. However, in the modern world we don't have to be constantly on the lookout for danger anymore; we rarely ever encounter life-threatening situations. However, our brain is still wired that way; we still react to stressful situations as if it were a life-or-death situation.

So, this comfort zone is safe, but what else is out there?

Just outside the comfort zone lies the stretch zone: activities that are slightly challenging or scary, but that you could actually see yourself doing. They differ per person, per life area, and per situation. Also factors like energy levels, mood, and previous experiences influence the stretch zone.

Doing things that are in your stretch zone every now and then affects the slow but steady expansion of your comfort zone, and that feels good! Probably some of your favorite memories or big achievements happened because you did something new or challenging.



Thus: The key is balance.

Varying between stepping OUTSIDE your comfort zone to develop and grow, and recovering WITHIN it, is more likely to keep you happy and energized in the long run.

Exercise: Get to know your comfort and stretch zone

Of course, before you can do more or less, or different activities within each zone, it is important to know what those are for you.

Draw three circles and think about:

First, what are you already doing:

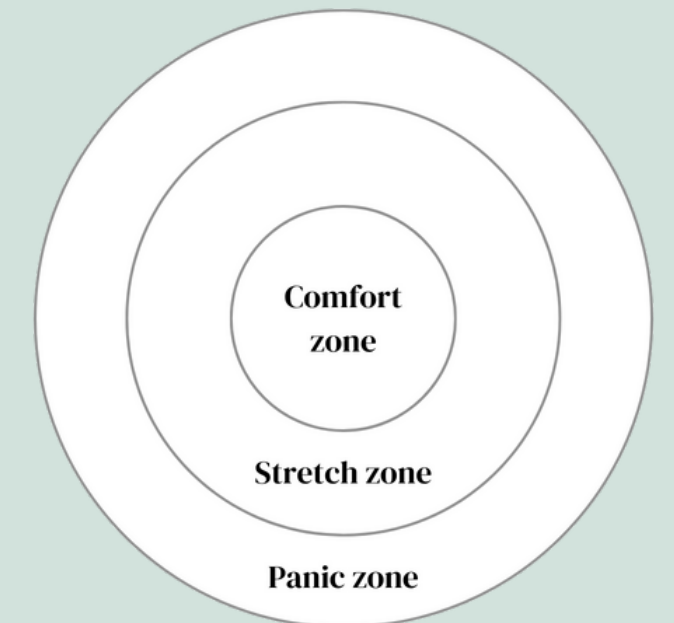
- Which activities are within your comfort zone?
- Which activities are you doing that are in your stretch zone?

Next, what activities would you like to be doing more?

- In your stretch zone
- In your comfort zone (i.e., for recharging)

There is also the panic zone, which includes activities that are outside your stretch zone and doing them (or even thinking about them) makes you panic or feel overwhelmed; they are currently (too) far outside your comfort zone.

- What activities are in your panic zone?



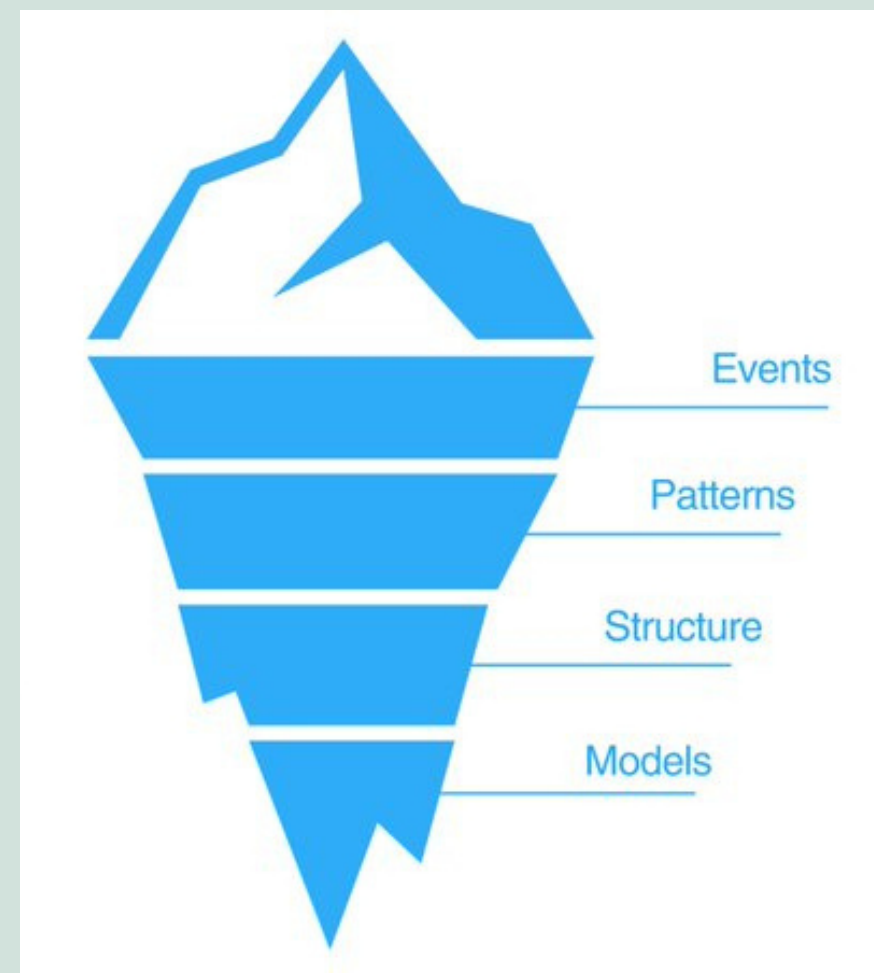
SPOTLIGHT

Systems thinking for doctors in training

In Autumn 2022, Salome Scholtens and Gerbrich Galema provide, on behalf of SCOPE, three masterclasses about systems thinking for doctors in training to become medical specialists.

Becoming a medical specialist is a challenging trajectory. The challenges involve learning to become a doctor and professional, but also to become part of the health care team, department and specialty.

The series of masterclasses offers doctors in training an opportunity to perceive their own situation differently, by applying a systems perspective. In three masterclasses, doctors in training become familiar with aspects of a systems perspective, socialization, and systemic leadership. For example, in the first masterclass doctors in training visualized their own work situation. Afterwards, they were asked to combine all the different (personal) systems. With this exercise, doctors in training experienced that they are part of different systems and these systems are connected.



Iceberg model

Would you like to know more about systems thinking?

The iceberg model is commonly used in systems thinking and can be useful for both individuals and organizations. Reflecting, taking a step back and looking at the context can help to expand how we view and experience a situation.

[Click here](#) or scan the QR code for a video that explains this model.



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).