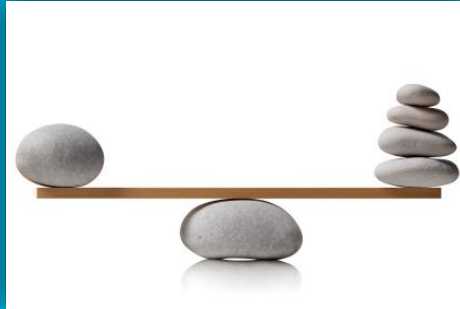
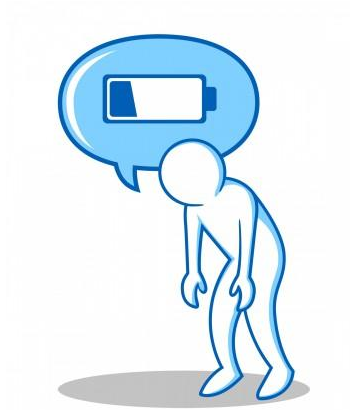


Energie in balans



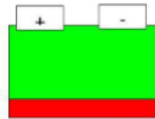
Vermoeidheid



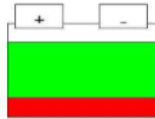
Radboudumc

Wanneer je gezond bent

's Ochtends



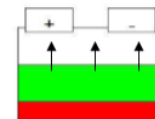
's Middags



's Avonds

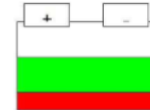


's Nachts

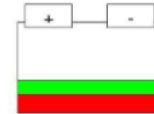


Wanneer je vermoeid bent bij
nierziekte

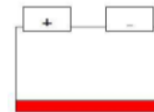
's Ochtends



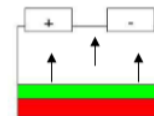
's Middags



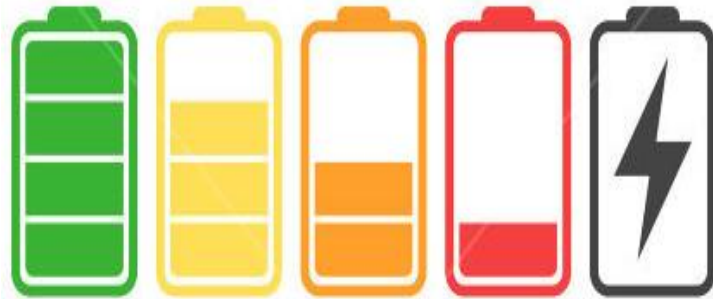
's Avonds



's Nachts



Wat is jouw basisniveau?



100% 75% 50% 25% 0%

Energie

Fysiek/Lichamelijk



Psychisch/Mentaal





Grenzen?

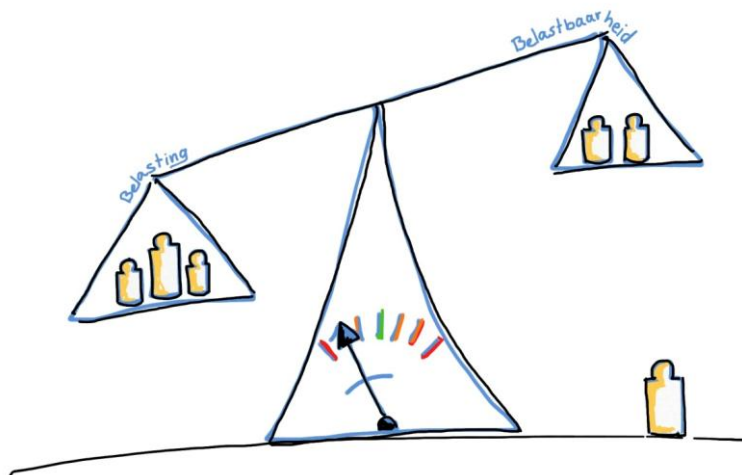


Rustig vaarwater
(in balans)

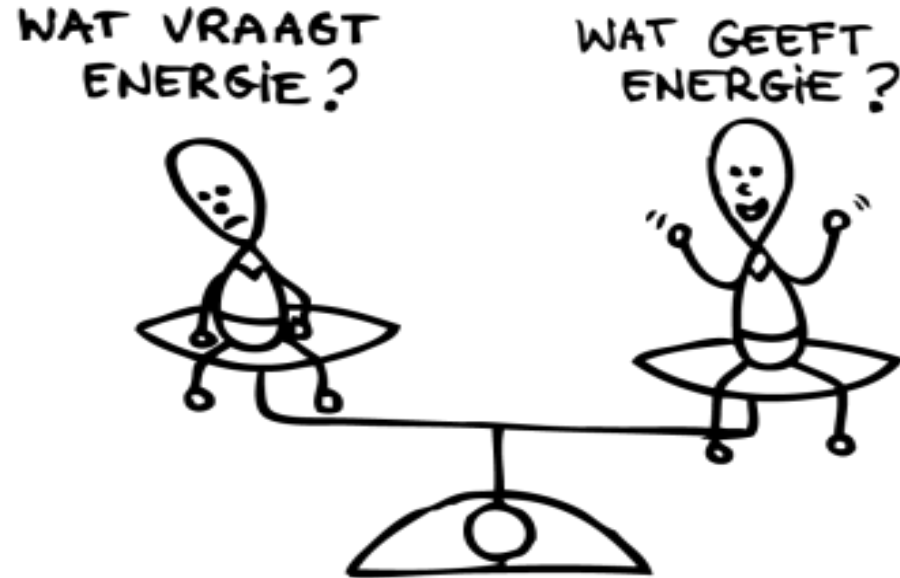
Belasting en belastbaarheid

Wat geef ik uit aan energie?

Wat heb ik aan energie?



Energievreters en energiegevers



Vragen

- > Wat helpt jou op momenten dat je weinig energie hebt?
 - > Hoe ga je om met de momenten waarop je eigenlijk iets wilt doen, maar je lichaam niet meewerkt?
 - > Hoe zou je jouw vermoeidheid omschrijven aan iemand die het zelf niet ervaart?
-