A close-up photograph of a man with a beard and short brown hair, wearing a blue button-down shirt. He has his eyes closed and a pained expression, with his hands pressed against his temples, suggesting a severe headache or migraine. The background is a solid teal color.

Have you noticed
that Paul has already
taken 2 Dafalgans
today but not that
you've been suffering
from migraines for
weeks?

Detecting chronic stress,
preventing burnout

Sounds
familiar?


Contact Securex's
psychosocial cell at
0800 100 59

Have you noticed
that Claudia has
spooned food for
the 2nd time but not
that you've had no
appetite for months?

Detecting chronic stress,
preventing burnout

Sounds
familiar?

Contact Securex's
psychosocial cell at
0800 100 59

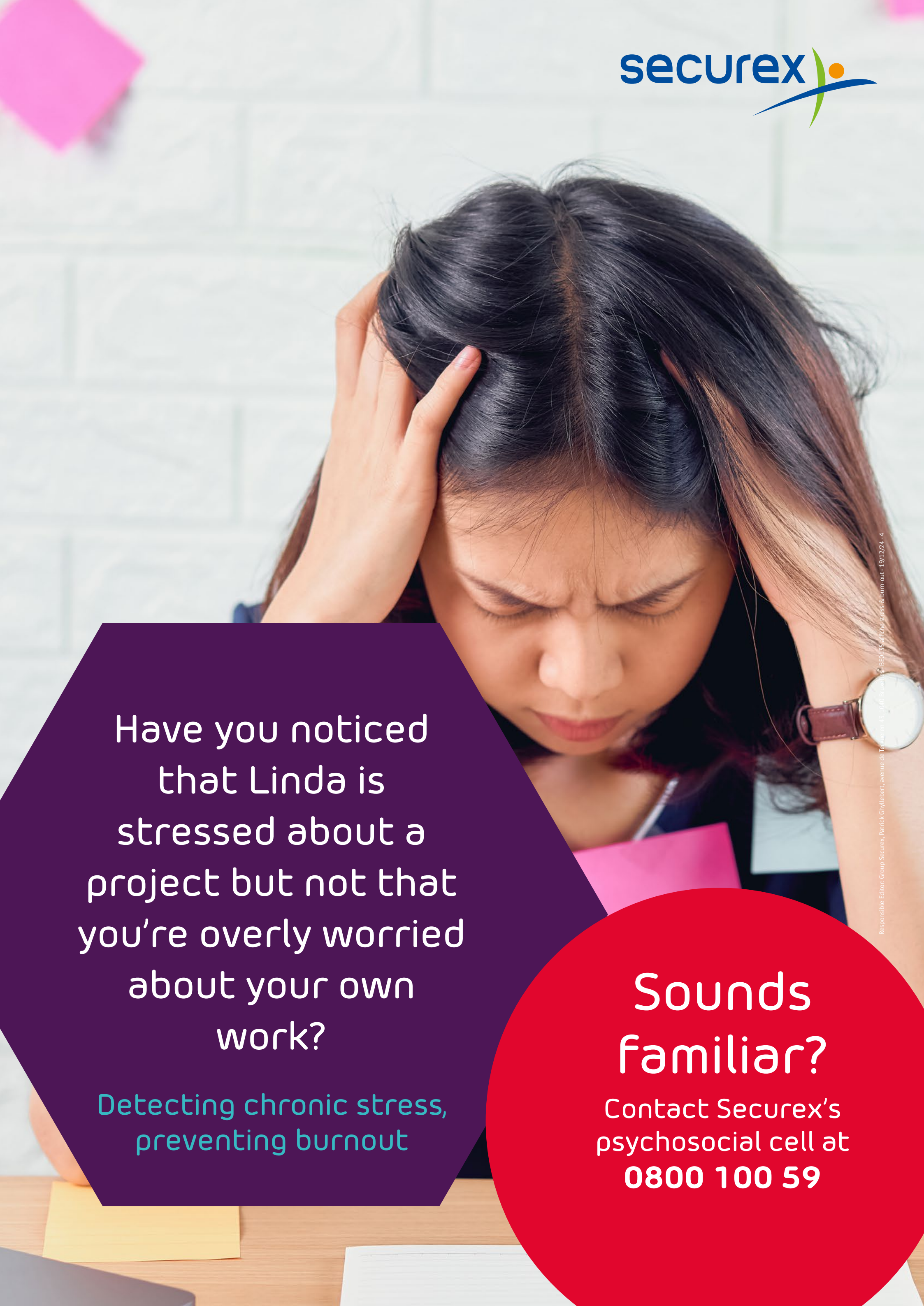
A close-up photograph of a woman with a distressed expression, her mouth open as if shouting or crying. She has a red headband with white polka dots and a white mark on her forehead. Her hand is raised to her forehead. The background is a plain, light-colored wall.

Have you noticed the
mark from Vinciane's
ski goggles but not
the bags under your
eyes?

Detecting chronic stress,
preventing burnout

Sounds
familiar?

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psychosocial cell at
0800 100 59


A woman with dark hair, wearing a watch, is shown from the chest up, looking down with her hands on her head, appearing stressed or overwhelmed. The background is a light-colored brick wall. There are pink and yellow sticky notes on a desk in the foreground.

Have you noticed
that Linda is
stressed about a
project but not that
you're overly worried
about your own
work?

Detecting chronic stress,
preventing burnout

Sounds
familiar?

Contact Securex's
psychosocial cell at
0800 100 59

A man in a dark suit and white shirt is sitting in a black office chair, submerged in clear blue water. He is wearing a snorkel mask and a blue snorkel tube. He is holding a laptop computer and looking at the screen. The background shows a bright blue sky with white clouds above the water surface and a coral reef below. The overall scene suggests a person who is always "on" and working, even during their vacation.

Have you noticed
that Frank is
counting down to
his vacation but not
that you still haven't
planned yours?

Detecting chronic stress,
preventing burnout

Sounds
familiar?

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psychosocial cell at
0800 100 59

Is this your
only break of
the day

Chronische stress opsporen,
burn-out voorkomen

Sounds
familiar?

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psychosocial cell at
0800 100 59