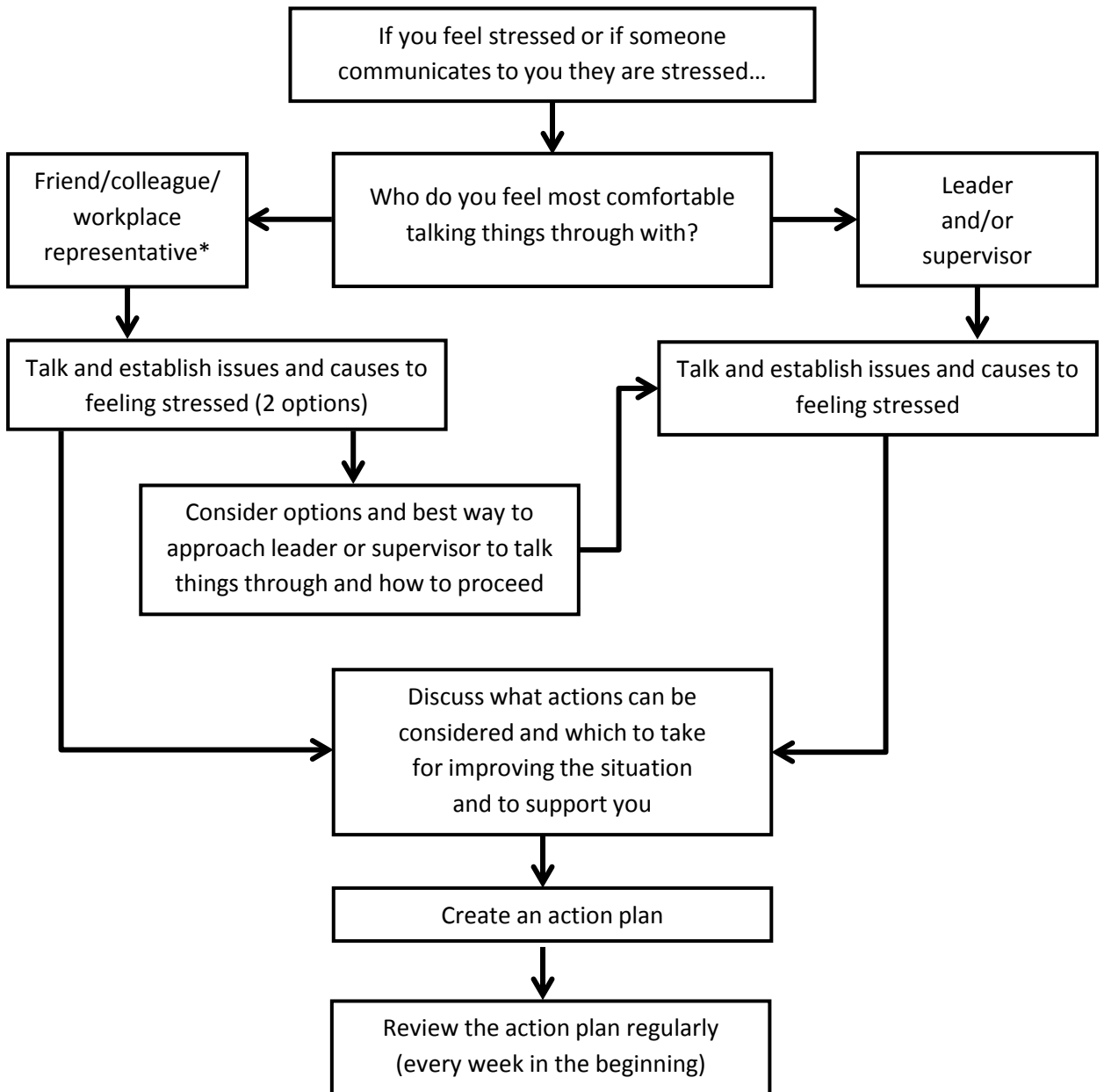


# Flow chart



## Tools to help you

Action plan  
Brochures on stress  
Homepages  
Talk it through  
Conflict resolution information

## Professional support

Own initiative:  
Coach  
Doctor  
Psychologist  
Reduced working hours  
Leave of absence (sick note)

## Professional support

University/Department leader:  
Coach  
Psychologist  
Reduced working hours  
Leave of absence (sick note)