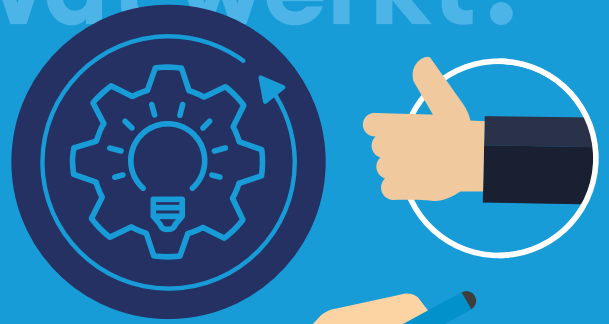
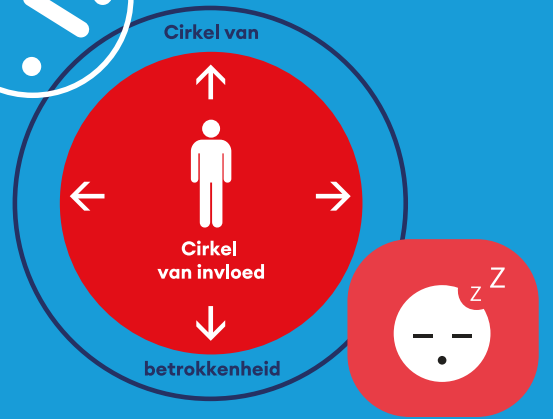


adviezen
stressoren

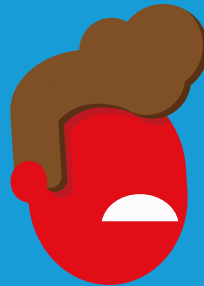
wat werkt?



cirkel van betrokkenheid



Stel voor
je zelf
realistische
doelen.



handleiding

onderzoek



notities