

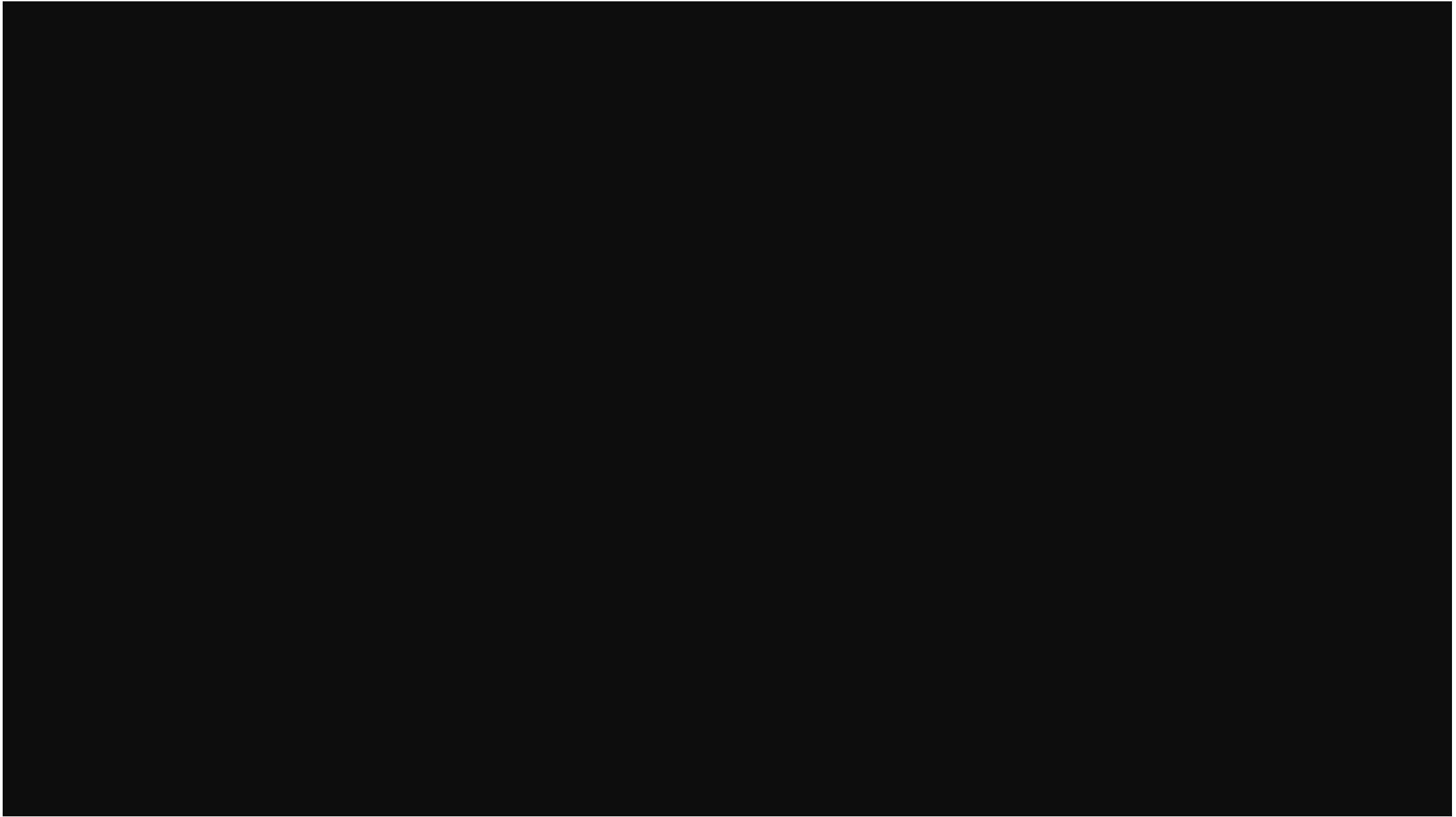


Hjärnfokus i en turbulent tid

- 5 verktyg för återhämtning och
Work-Life Balance

SWERMA Risk Forum
23 april 2026

Johan Bergstad



Uppmärksamhet:



Uppmärksamhet:

1) ”Chefen”



Uppmärksamhet:

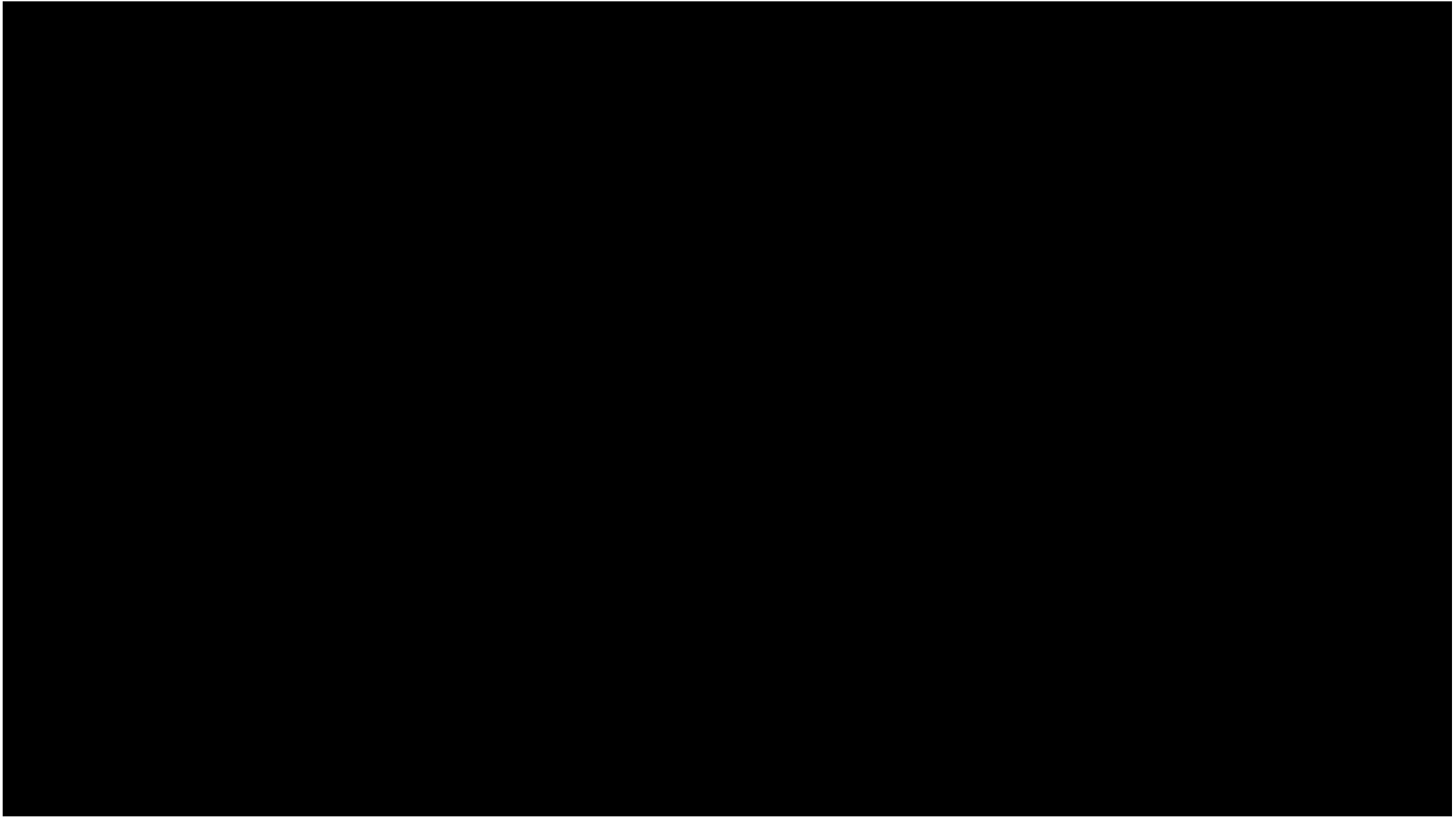
- 1) ”Chefen”
- 2) Larmsystemet



Uppmärksamhet:



- 1) ”Chefen”
- 2) Larmsystemet
- 3) Dagdrömmarläget



I am a great multitasker

I am a great multitasker

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

I am a great multitasker

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

I

I am a great multitasker

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

I

1

I am a great multitasker

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

I a

1

I am a great multitasker

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

I am

1 2

I am a great multitasker

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

I am

1 2 3

I am a great multitasker

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

I am a great multitasker

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

1) Längre tid

1) Längre tid

2) Mer stress

1) Längre tid

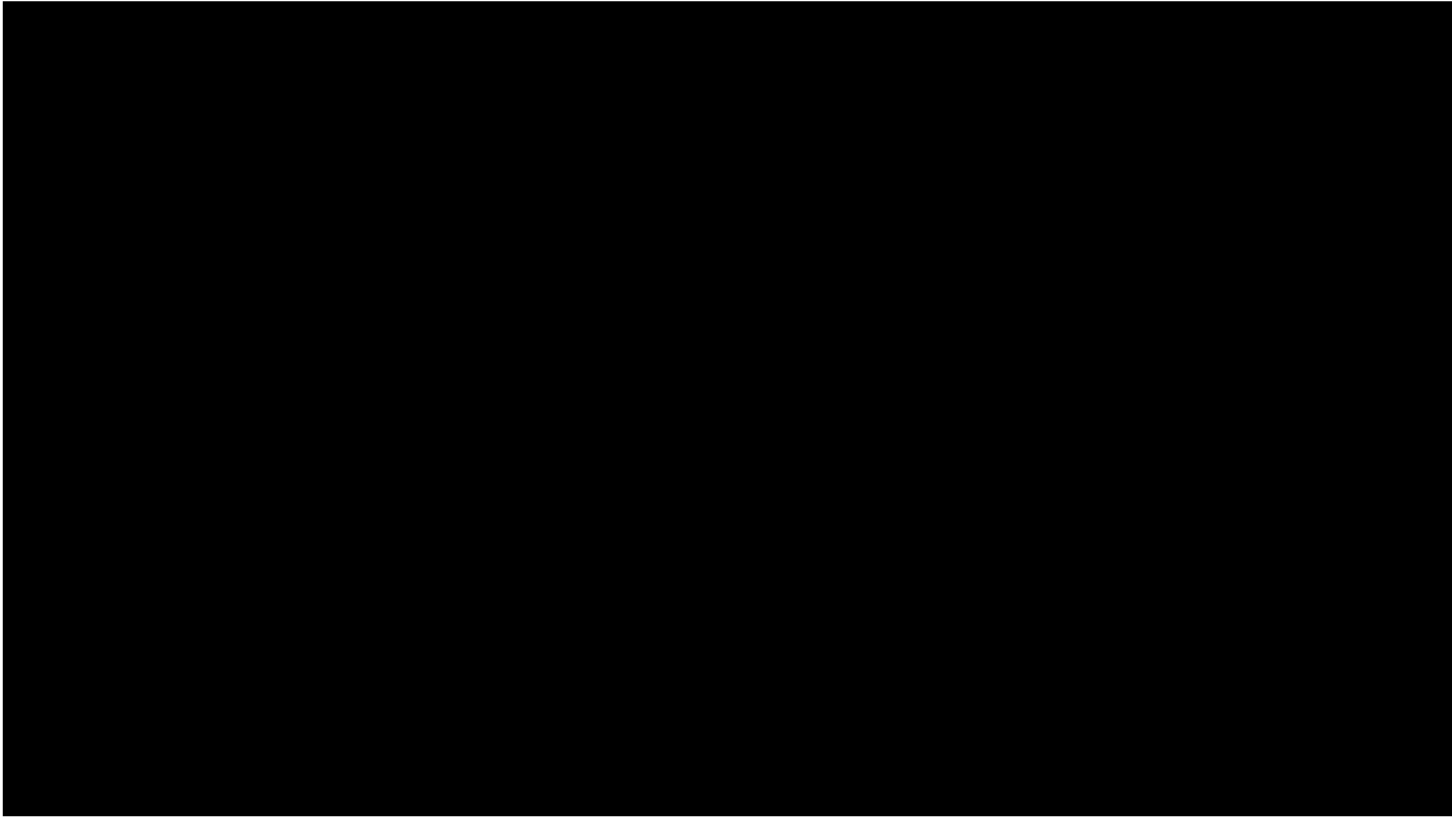
2) Mer stress

3) Fler fel

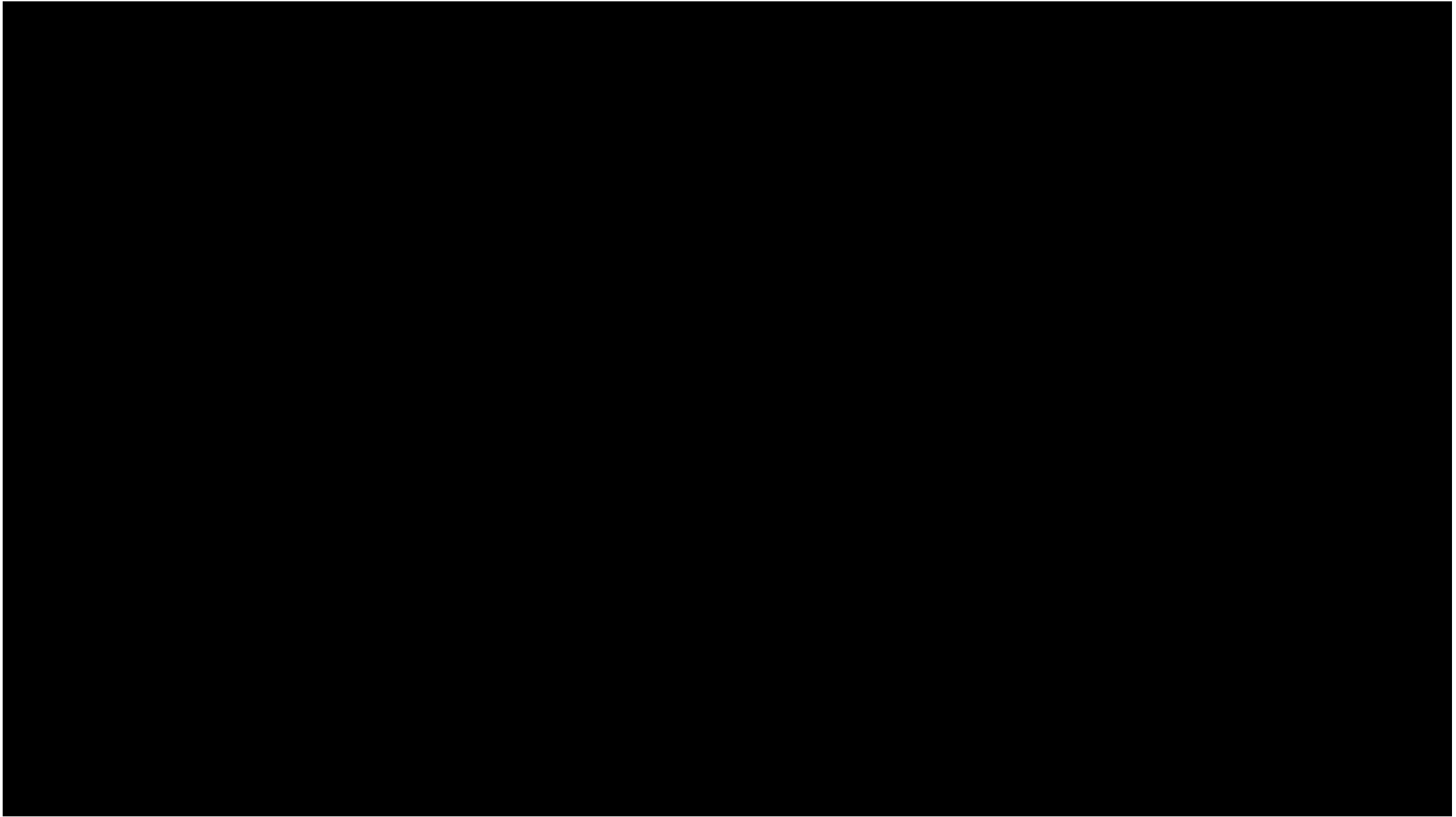


Gör en sak i taget!





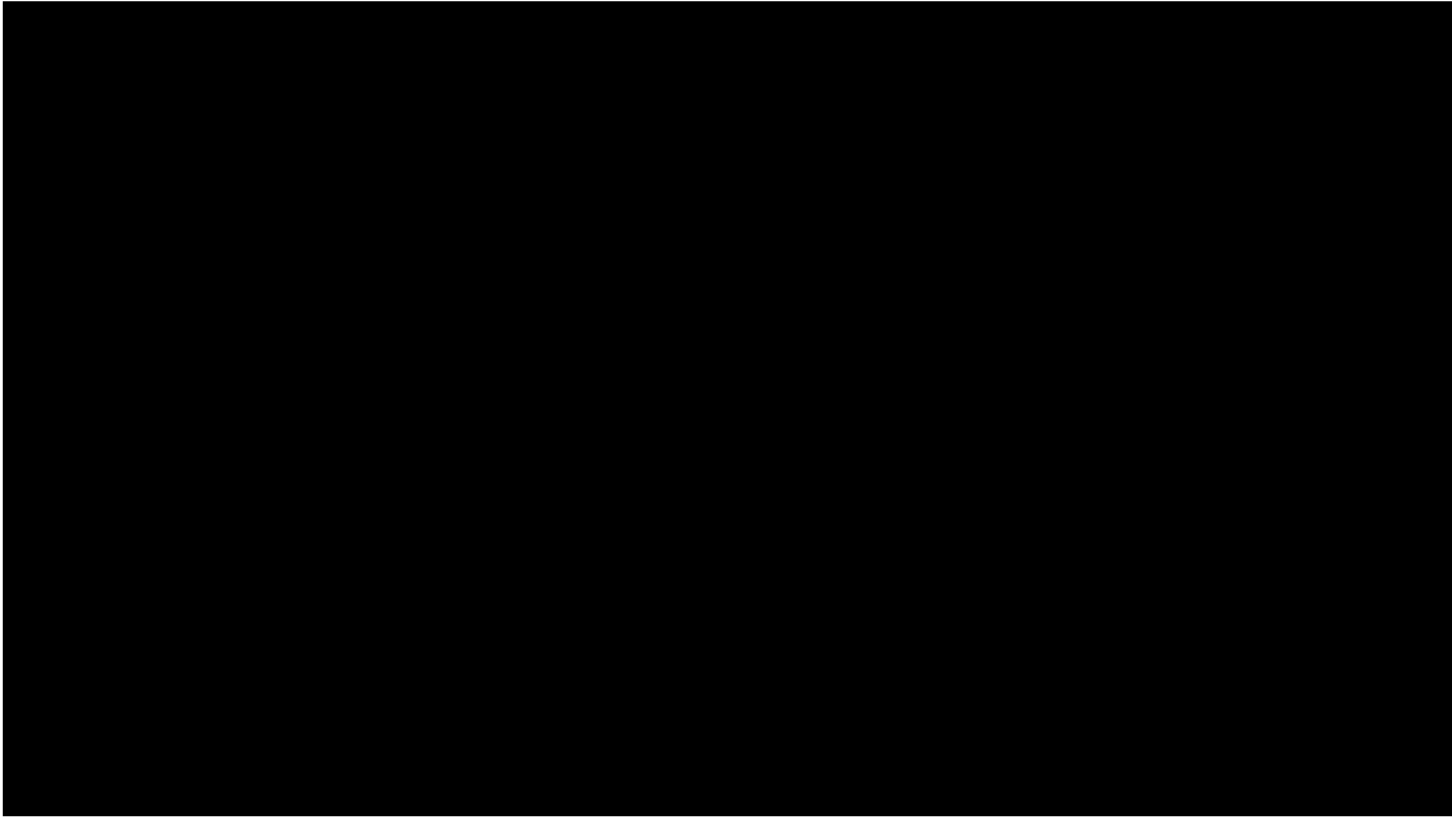
47%



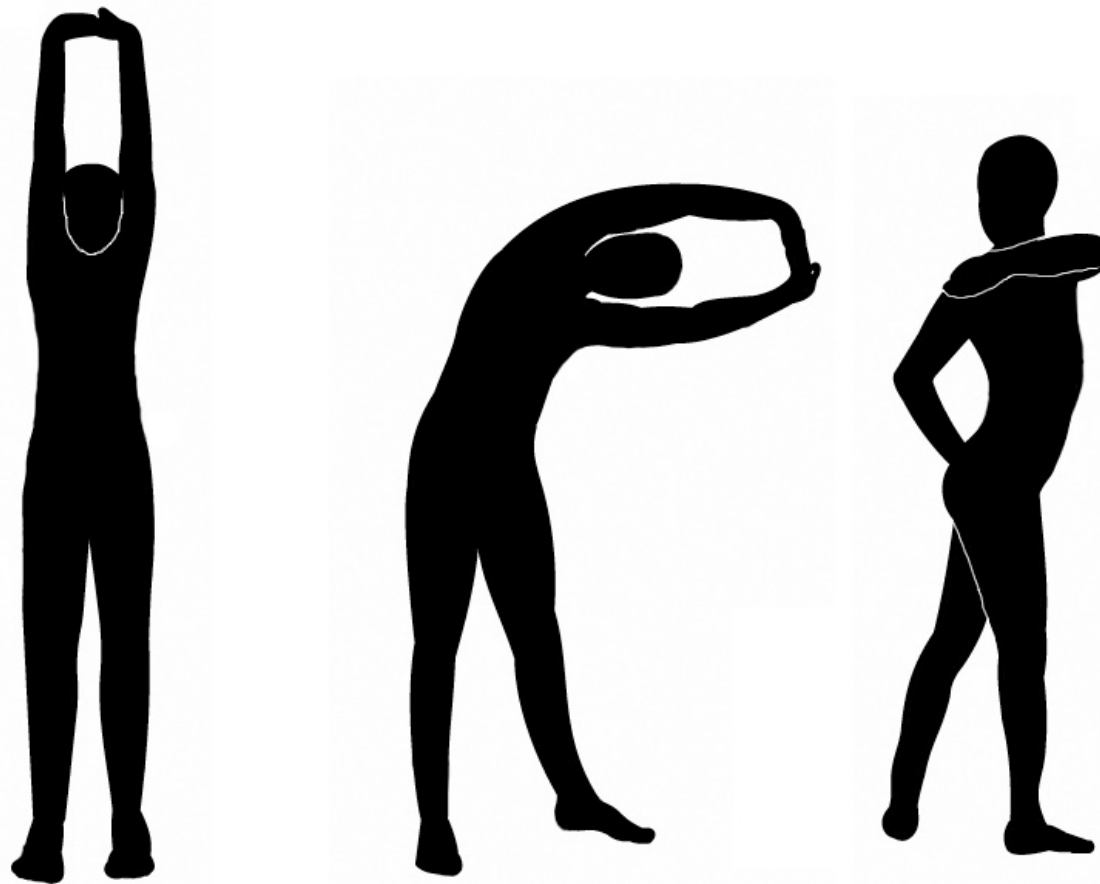


Hjärnan är potential!





1. Omstarta dagen



1. Omstarta dagen

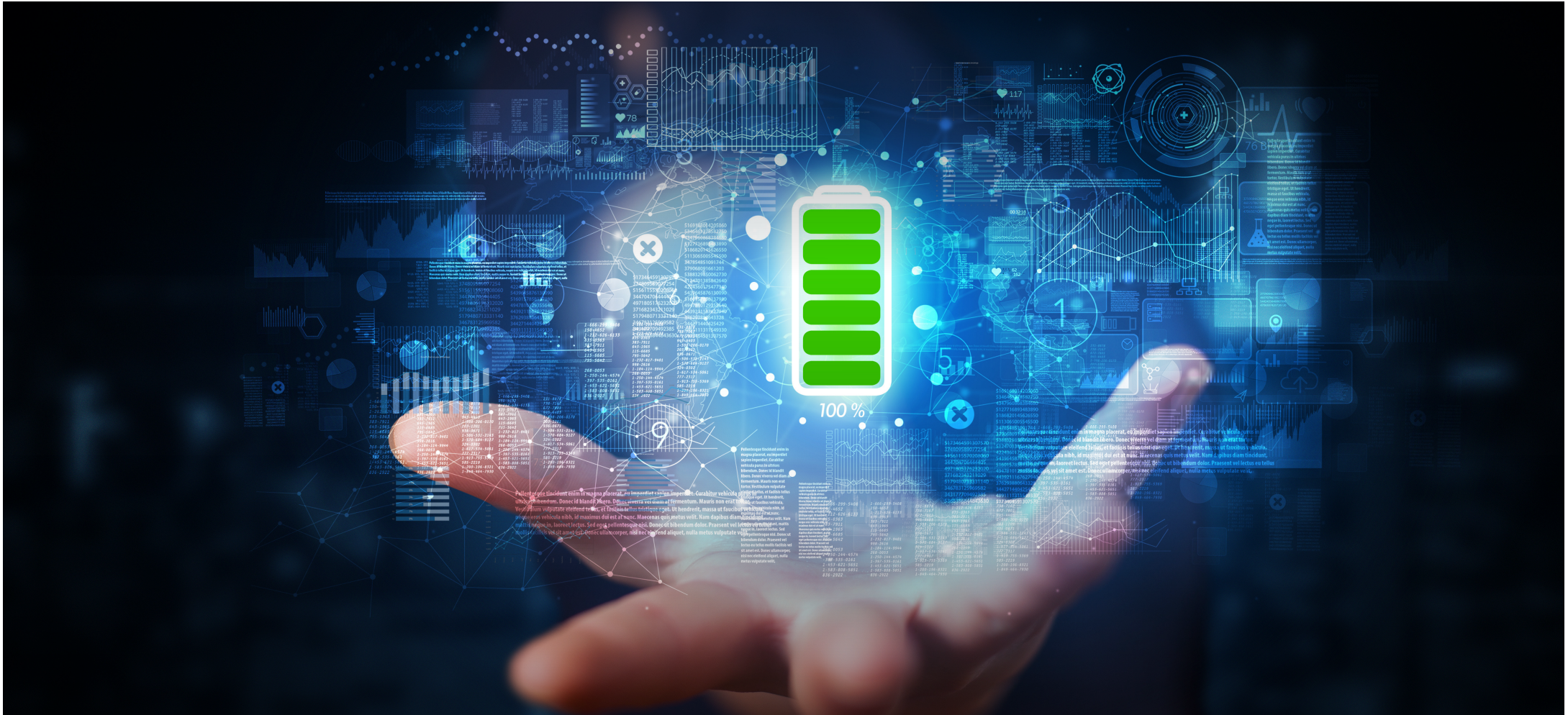
1. Omstarta dagen
2. Powerpausen

1. Omstarta dagen
2. Powerpausen
3. Hjärnfokus

1. Omstarta dagen
2. Powerpausen
3. Hjärnfokus
4. VÄV

1. Omstarta dagen
2. Powerpausen
3. Hjärnfokus
4. VÄV
5. Pomodorotekniken






2. Powerpausen – Återhämtning





3. Hjärnfokus





Apple, Ford, General Electric,
GE Healthcare, Google, IBM,
Ikea, Intel, Karolinska Institutet,
McKinsey, Meta, Microsoft,
Nike, Roche, Sony, et c ...

Roche



Roche

10 min / dag:



Roche

10 min / dag:

➤ 37 % mindre stress

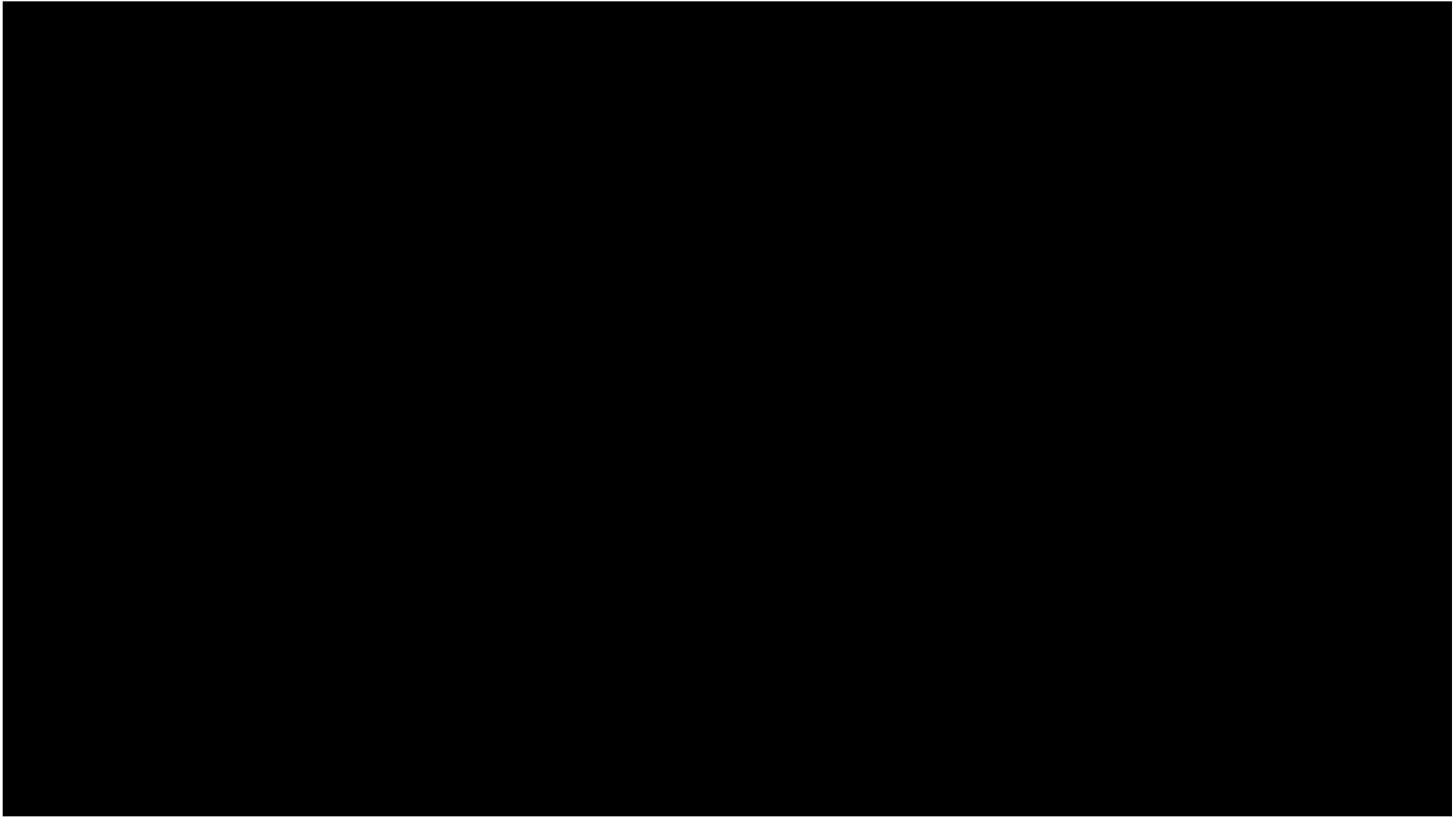


Roche

10 min / dag:

- 37 % mindre stress
- 20 % bättre fokus





A large, leafy tree stands in the center of a grassy field at sunrise. The sky is a gradient of blue and orange, and a misty atmosphere hangs over the landscape. In the background, a line of trees and a bench are visible. The word "PARK" is written in white, serif capital letters across the middle of the tree.

PARK

Position

PARK



Position
Andas

PARK



A large, leafy tree stands in the center of a misty park at dawn or dusk. The sky is a gradient of dark blue to light orange. In the foreground, a wooden bench is visible on a grassy field. The overall atmosphere is serene and quiet.

Position

Andas

Räkna andetagen

PARK

A large, leafy tree stands in the center of a misty park at dawn or dusk. The sky is a soft gradient of blue and orange. In the foreground, a wooden bench is visible on a grassy field. The overall atmosphere is serene and quiet.

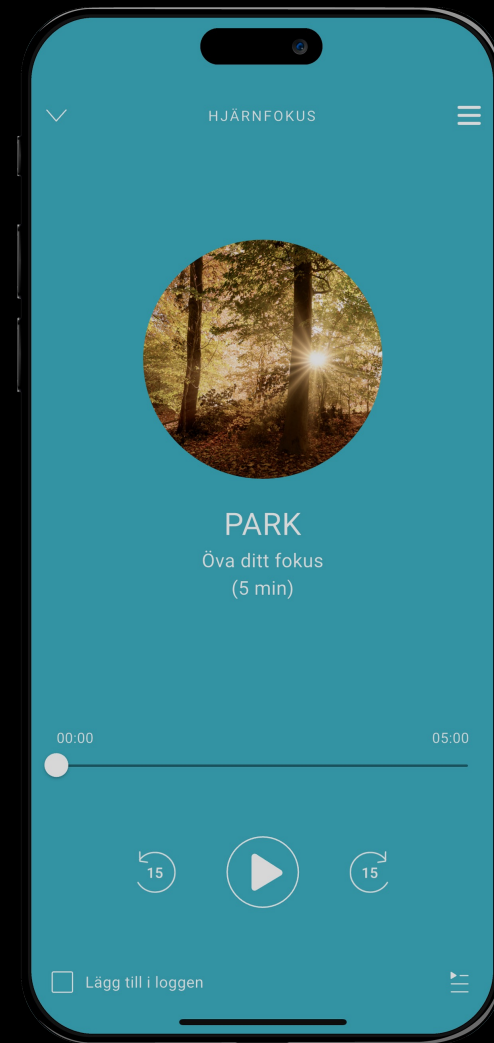
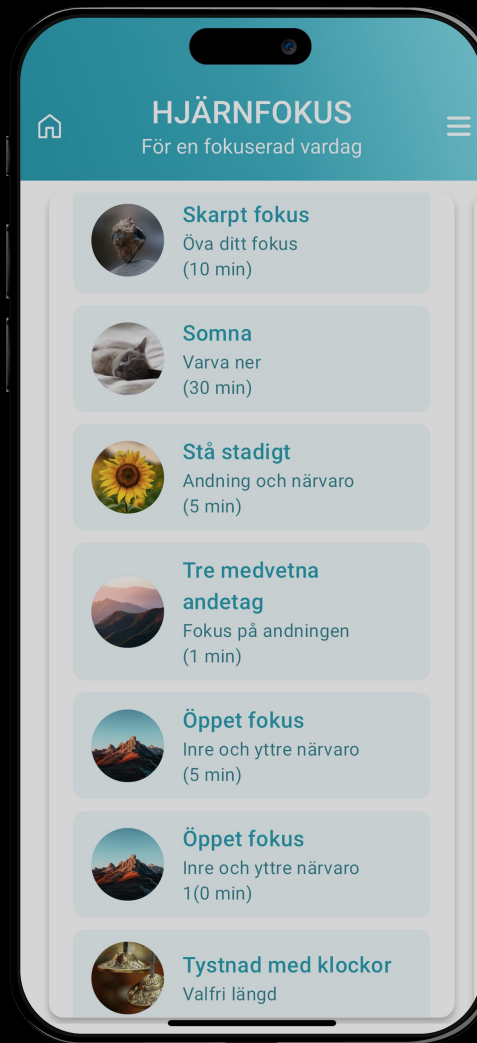
Position

Andas

Räkna andetagen

Kom tillbaka

PARK

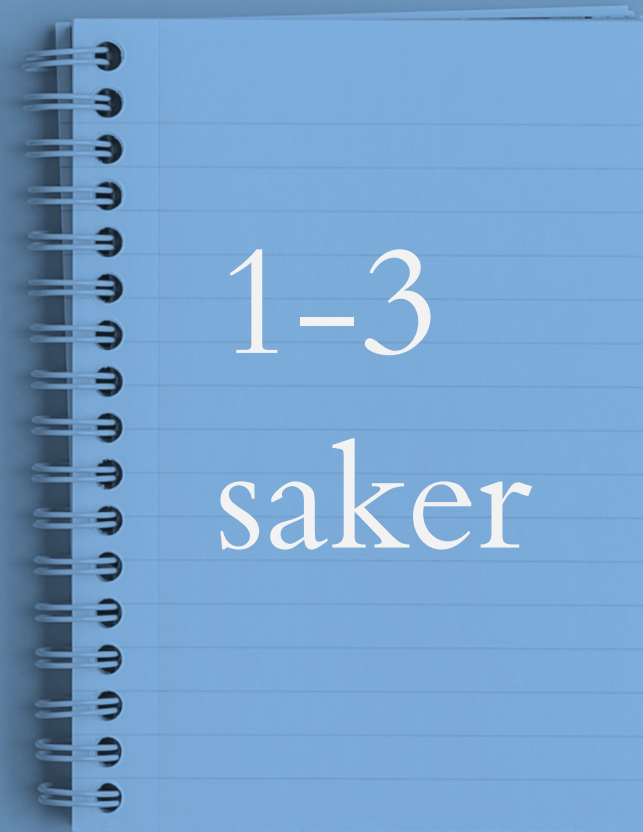




4. VÄV: Vad Är Viktigast



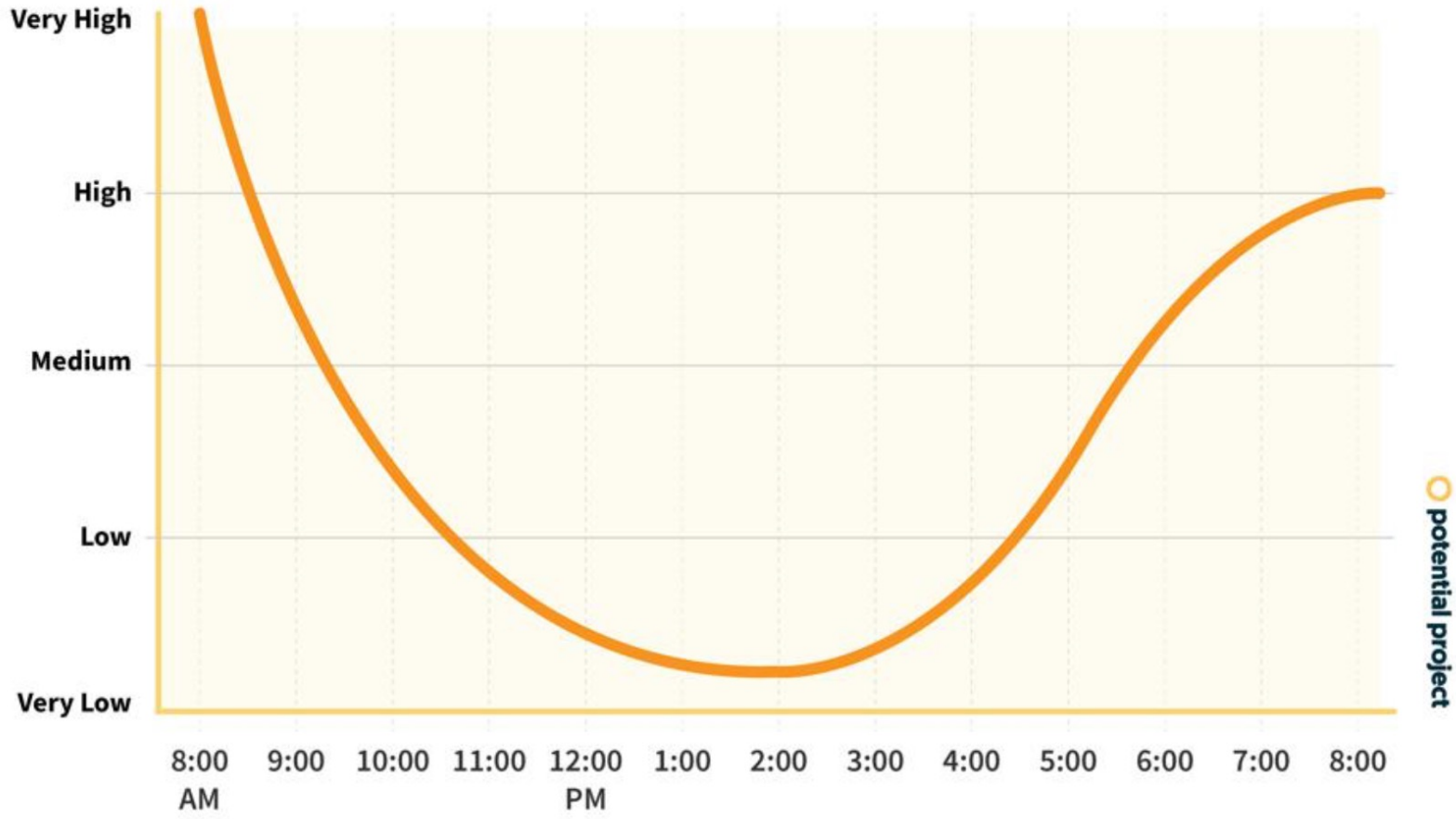
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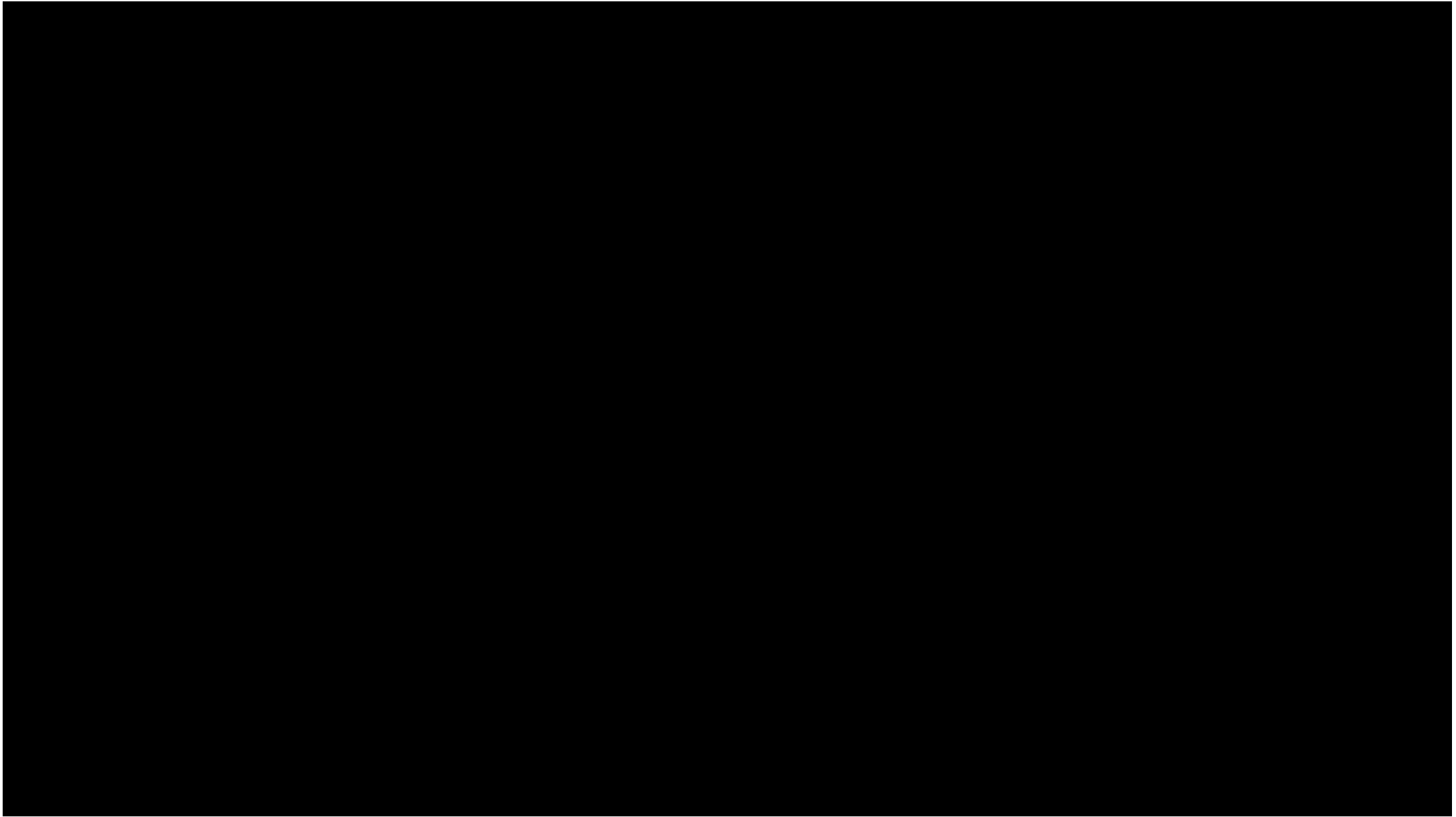


1-3

saker

The Daily Focus Curve





5. Pomodorotekniken



- 25-minuterspass

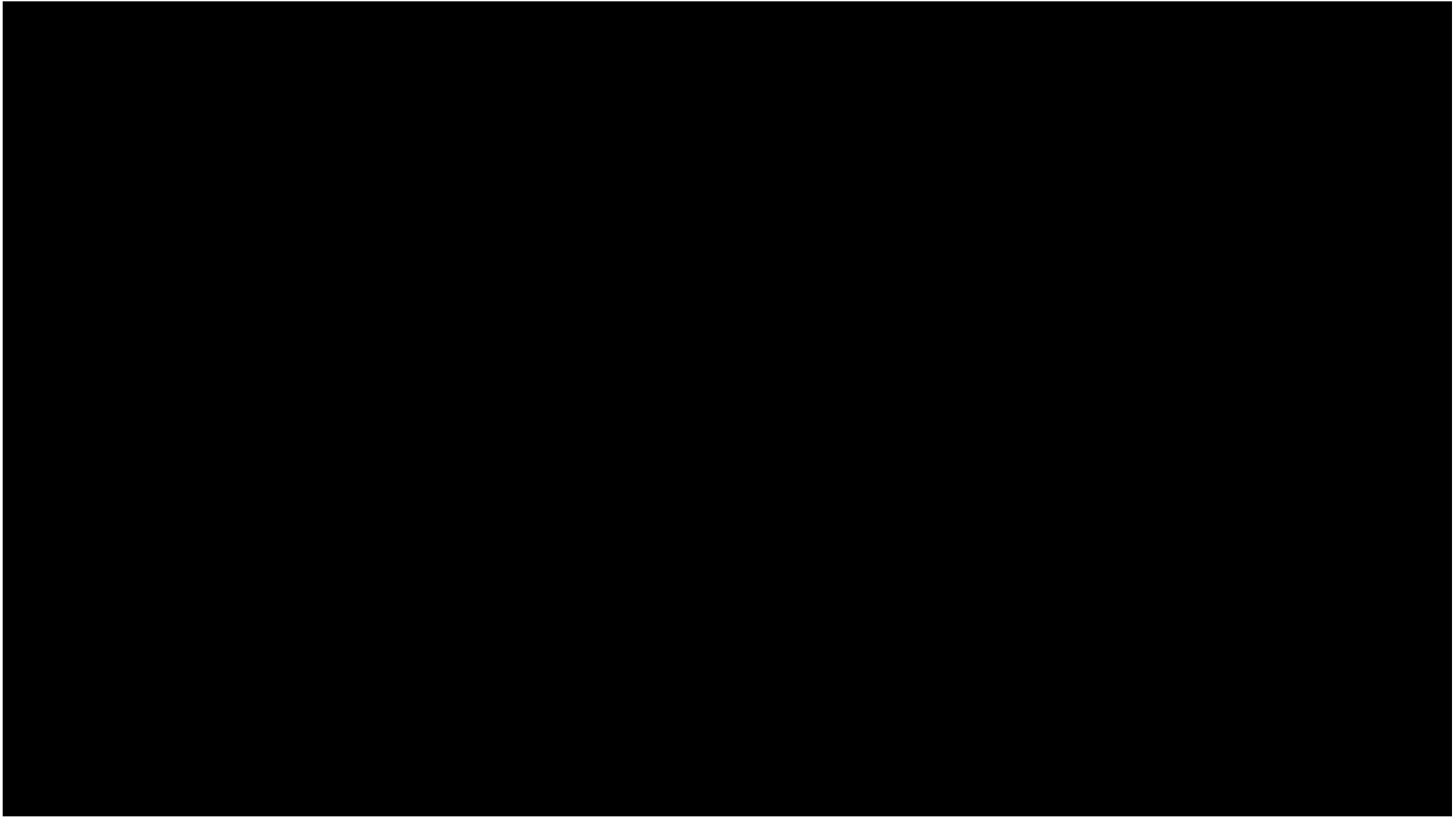


- 25-minuterspass
- 3 minuters paus mellan passen

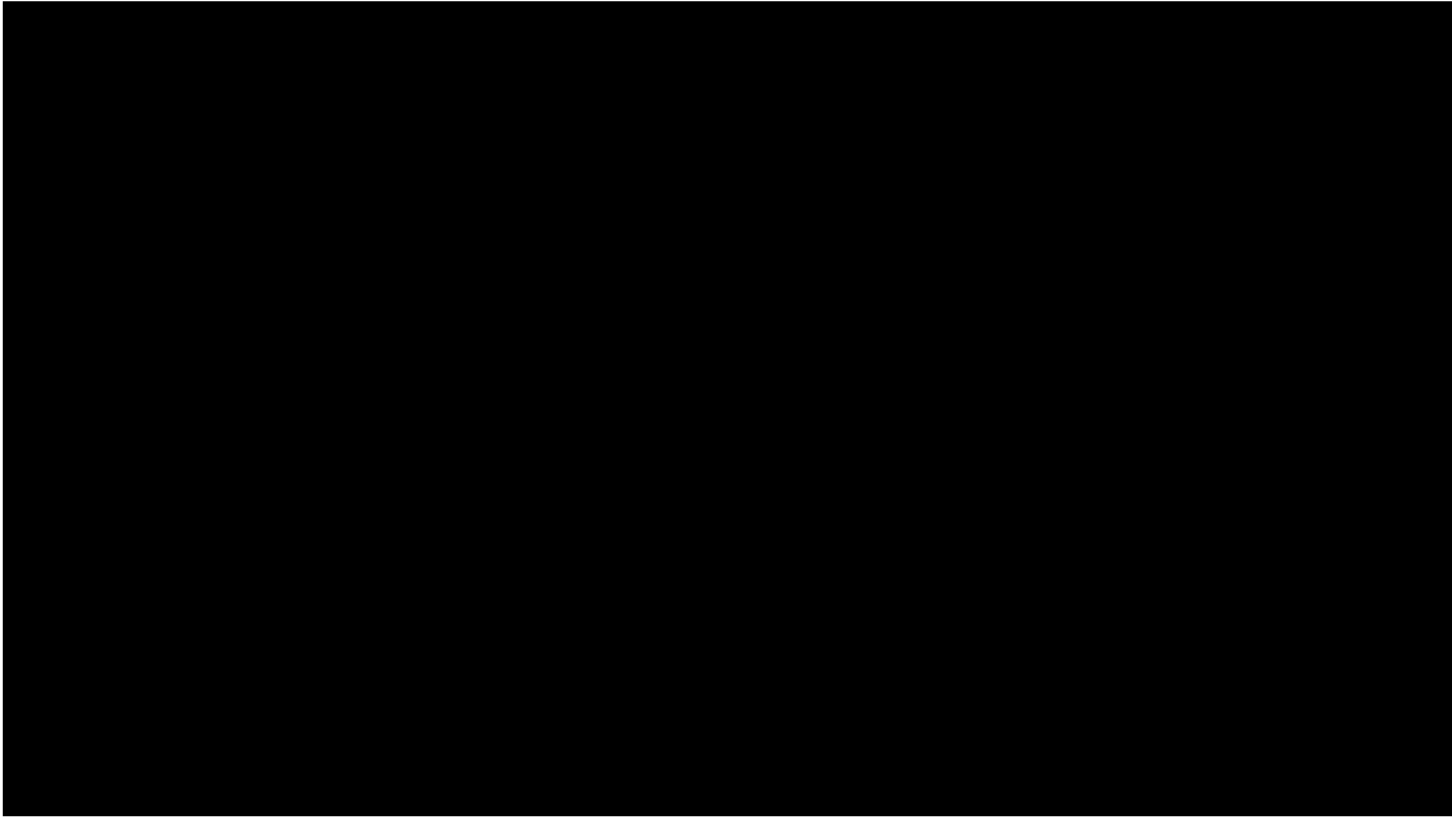


- 25-minuterspass
- 3 minuters paus mellan passen
- Efter 4 pass: en längre paus





1. Omstarta dagen
2. Powerpausen
3. Hjärnfokus
4. VÄV: Vad Är Viktigast
5. Pomodorotekniken





Tack!

Appen! →



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