

Miten voimme  
työssämme?

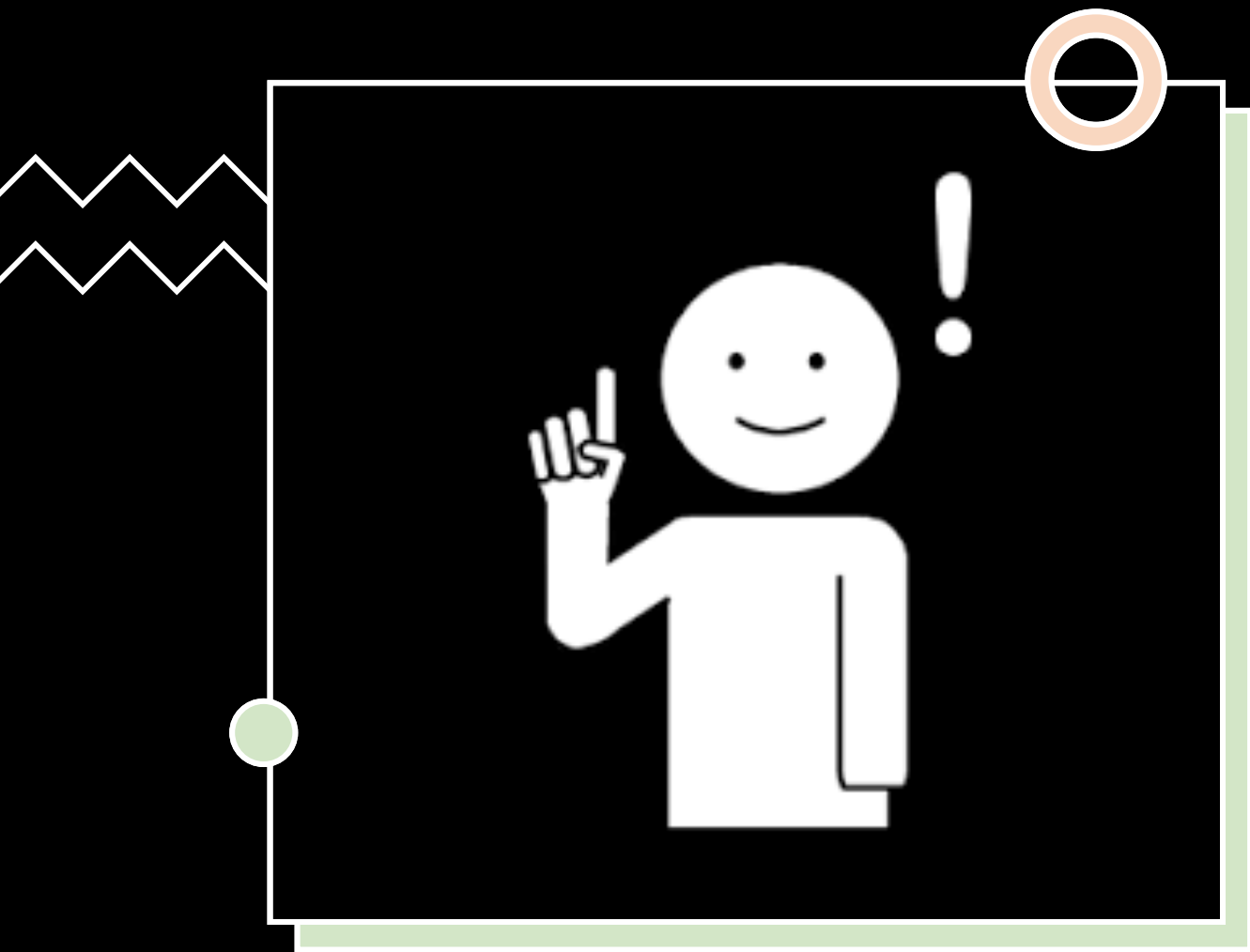
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Paula Markkanen  
Yleislääketieteen erikoislääkäri,  
kliininen opettaja

[paula.markkanen@tuni.fi](mailto:paula.markkanen@tuni.fi)

Ei sidonnaisuuksia



Miksi  
työhyvinvointi  
on tärkeää?



The image shows five metal weights of various sizes and shapes, likely used for scientific or industrial purposes. They are arranged on a green, textured surface. The weights include a tall, cylindrical one on the left, a smaller one in the middle, a larger one on the right, and two others in the foreground. The text "Mikä meitä kuormittaa?" is overlaid in white, with a white underline beneath it.

Mikä meitä kuormittaa?



Mikä aiheuttaa kiirettä?

A dimly lit hospital hallway with people sitting in chairs and others walking in the background. The scene is captured from a low angle, looking down the length of the corridor. On the left, a series of doors are visible. On the right, a bulletin board is covered with various papers and notices. The overall atmosphere is quiet and somewhat somber due to the low lighting.

Miten koemme potilaat?

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Mikä rassaa  
työyhteisössä?





Miten huolehdimme  
kognitiivisesta  
ergonomiasta?

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A person with their hair in a bun is seen from behind, wearing a dark VR headset. They are in a blurred office environment with a laptop visible in the background. The text is overlaid in white on the image.

Millaiset mahdollisuudet meillä  
on huolehtia kognitiivisesta  
ergonomiasta?

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A photograph of four people standing in a row against a brick wall. Each person is holding up a large circular icon that represents a different emotion. From left to right: a person in a light pink shirt holds a sad face icon with a red border; a person in a grey striped shirt holds a neutral face icon with a pink border; a person in a dark green sweater holds a happy face icon with an orange border; and a person in a blue and white plaid shirt holds a very happy face icon with a yellow border. The text 'Miten tunteet vaikuttavat työhyvinvointiimme?' is overlaid in white on the center of the image, with a white horizontal line underneath it.

Miten tunteet vaikuttavat  
työhyvinvointiimme?

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An illustration of a man in a light blue shirt and yellow tie meditating in a lotus position on a dark blue scale. The scale is balanced, with a tray on the left containing a clock, a laptop, and a plant, and a tray on the right containing a briefcase and gold coins. The scale is supported by a dark blue pedestal with a white 'Q' logo, surrounded by green leaves. The background is a dark purple circle with a lighter purple gradient.

Miten yhdistämme työn ja  
vapaa-ajan?

# Mitä on hyvä johtaminen?





Miten voimme  
kouluttautua?

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Mitkä ovat  
voimavaroja  
työyhteisössämme?



Mitä työn monipuolisuus  
tarkoittaa meille?

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Mikä tukee  
autonomiaamme?



Miten voimme  
hyödyntää  
vahvuuksiamme?



Toteutuuko hoidon  
jatkuvuus?





Mitä voimme  
saada  
työnohjaukselta?

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Tunnistanko omat  
voimavarani?