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**Hurray! Yet is here!**

We are delighted to announce the arrival of Yet. Yet is your travel companion, the one who encourages you or gives you a gentle, constructive push when you need one. The one who guides you through difficult decisions or who you can pour your heart out to. Yet is an all-in-one package - almost too good to be true.

**Who is Yet?**

Sounds like the perfect new teammate, right? Sadly, Yet is not a colleague you’ll bump into at the coffee machine. You also have to make an effort. Yet is, in fact, our online platform with experts in mental well-being, personal development and situations both at work and at home. Different kinds of experts are affiliated to Yet, such as psychologists, career coaches, coping experts, work-life coaches and life counsellors. It’s all in one place. You book your own online session with the expert of your choice - anonymously and without waiting times. Yet is accessible, so you can get help in time and prevent a situation from getting the best of you.

**Take control and empower yourself**

Yet takes a unique approach. The experts at Yet work with the proven Single Session Therapy (SST) method. That sounds more complicated than it is. Put simply, it means that Yet gives you insight into the next step towards growth and development in one enlightening, goal-oriented session. Are you struggling with any questions, doubts or concerns? Then contact Yet and schedule your online session.

Seeing is believing. See exactly how Yet works in [this video.](https://www.youtube.com/watch?v=R6wDNG-vjFs)

Want to make an appointment? Go to [www.yet.nl/plan-een-sessie](http://www.yet.nl/plan-een-sessie).

Want to know more? Watch the video about Yet's background and method, read the website or FAQ or ask your manager. You can expect more updates on Yet over the coming weeks. See you soon!

**C2 | L+1 | Questions and answers can be found in the FAQ**

**If you have a question about Yet...**

... find the answer quickly in the Yet FAQ.

**FAQ**

The most frequently asked questions about Yet, and the answers, can be found in these FAQ. Here, you can read about privacy and reporting, but also how to schedule appointments and how to get the most out of one conversation with Yet. Do you have a question that is not shown here? Let us know via support@yet.nl.

**Yet who?**Yet is an online care platform with various experts in the fields of mental health, personal and professional development and coping with situations at work or at home. It’s all under one roof. You book your own online session with an expert of your choice - anonymously and without waiting times. That makes Yet low-threshold, allowing you to seek help in time. This prevents problems from (unnecessarily) becoming bigger and enables you to turn stress into growth. As a result, you work better and more happily and go home with more energy.

Want to know more? Watch [the video](https://www.youtube.com/watch?v=R6wDNG-vjFs) about Yet's background and method, read the website or FAQ or ask your team leader. Want to make an appointment? Go to [www.yet.nl/plan-een-sessie](http://www.yet.nl/plan-een-sessie).

You can expect more updates on Yet over the coming weeks. See you soon!

**C3 | L+2 | Separate intranet message**

**The power of Yet: why it works**

There is always a reason not to talk about something. It might seem trivial or embarrassing. You don't want to complain, or to burden someone else. You're busy enough as it is. It will probably blow over. Unfortunately, this can create a snowball effect where everything becomes increasingly difficult. Yet lowers that barrier in a single, completely confidential session with an independent expert. Especially when it concerns problems that are difficult to discuss with a partner, manager, or colleague and pressure is mounting.

Need another reason to have a conversation with Yet? Here are three:

1. **Mind matters: No matter how big or small your problem is**How you experience the world and how you deal with challenges determines your mental well-being. Everyone struggles with unpleasant, frightening thoughts from time to time. A fresh look and a listening ear will help you by giving you a different perspective and new possibilities.
2. **A single session really can be enough**A conversation with Yet can be just the nudge you need. Talking helps you structure your problems and creates space for solutions. After a single session, 80% of people say that one conversation is enough to help them move forward. The conversation strengthens understanding of the situation, clarifies their own solutions and increases self-confidence.
3. **You are not alone**Your struggling will also affect those around you. Mood and energy are contagious. And if you are not working as well or happily, or drop out, your colleagues will have to cope. Bad moods and unhealthy stress don't make for a good atmosphere at home either. We react to one another and can influence one another both positively and negatively. Investing in your own mental health is investing in others; that’s better for everyone!

It's worth overcoming the barrier and talking helps. It clears the air, enabling you to link insight to action and improve situations. So, what are you waiting for? The Yet experts are ready to help you. Your well-being is important to all of us. Want to make an appointment? Go to [www.yet.nl/plan-een-sessie](http://www.yet.nl/plan-een-sessie).

**C4 | L+3 | Separate intranet message**

**A session with Yet: what to expect?**

Are you considering a session with a Yet expert? Let's take a look at what to expect and how such a conversation can help you move forward. The Yet experts are happy to explain!

**Grip and overview**The everyday hustle and bustle at work and at home can sometimes be overwhelming. Whether you have worries on the home front or are going through a difficult time professionally, a good conversation can provide clarity. A Yet expert starts by clarifying your question. What is the issue exactly? What do you hope to achieve? We use the proven Single Session approach to move forward quickly, confidentially and efficiently.

**A single session can help**

Having doubts about scheduling a session? Our experienced Yet experts are seasoned experts who will help you clarify your situation and question. Annelies, labour & organisation specialist, explains: ‘We have been trained to ask the right questions, so we get to the heart of the matter quickly.’

**Your hour**

A conversation with a Yet expert is individual and lasts an hour. Expert Maud, psychologist, stresses: ‘We really focus on the current situation and what you want to do about it in concrete terms. We tailor the conversation to your needs: a listening ear, advice, a step-by-step plan or a motivating conversation.’ Yet-expert Jacobien, career coach: ‘Everything discussed is confidential. Nothing is recorded in a file and nothing goes to your employer. The conversation is really just for you.’

**Creating structure**If you dwell on a problem, it can seem increasingly unsolvable. You lose the bigger picture and your creativity. Expert Maud continues: ‘Offering structure alone is often a relief. We subsequently link concrete action to it. We explore ways of dealing with similar issues, identify obstacles and explore possible actions.’

**Different experts**

With six different types of experts, there is always someone who can help you with your specific question. Do you have too much stress or too little job satisfaction? Is there a specific choice you just can't figure out? Do you have a feeling of unease that you can't explain? Specific or vague, big or small, if you take the first step, Yet will help you take the next one.

**You are resilient**

Only you can do it, but you don't have to do it alone. Everyone needs a little support now and then. Sometimes, a gentle nudge in the right direction is enough to help you find and strengthen your own solutions. Expert Maud: ‘That's what I love about this concept. It’s wonderful to help people believe in their own competence again.’

Ready to grow with Yet? Book your session now via [www.yet.nl/plan-een-sessie](http://www.yet.nl/plan-een-sessie) and find out what the Yet experts can do for you.

**C5 | L+4 | Separate intranet message**

**A new year: time for Yet?**

The new year has just begun, which means looking ahead to what is to come. A much heard New Year’s resolution is ‘to worry less’. Logical: a head full of positive thoughts is much nicer than worries and doom scenarios. What are you waiting for? Change can start at any time! Here are five tips from us at Yet to help you to worry less and turn your good intentions into concrete behaviour.

1. **Believe in yourself**Be your own biggest supporter. Belief in your own ability is a powerful tool to achieve your goals. It may seem minor, but it makes a major difference in terms of fulfilling your resolutions.
2. **Only pursue your own resolutions**What would you like to do differently? Whether it be learning to say 'no' or applying for that wonderful job, make sure your goals match your motivation. That is far more effective than goals imposed by others.
3. **Change your routine**Don't let yourself slip back into old habits. If you have the habit of always having your cigarettes beside you on the desk, for instance, move them. Consciously changing your environment will help you break automatic behaviours. It creates an extra moment at which you can opt for a new, healthier habit.
4. **Not succeeding? Change your plan**Don't set big goals that are practically unachievable from the outset. Be realistic and be gentle to yourself. Set yourself small steps: 1% a day is a complete turnaround within a year! Redefine your ambition or think of another way to achieve your goal. It is important to be flexible and adjust your plan as necessary.
5. **Contact Yet**If you’re having a tough time or need some encouragement, Yet is there for you. Always. Plan a session via [www.yet.nl/plan-een-sessie](http://www.yet.nl/plan-een-sessie) and get the support you need.

Let's work together for a year full of positivity, healthy behaviour and fulfilling our goals. The year 2024 will be your year too!

**C6 | L+5 | Separate intranet message**

**Book a moment for yourself or give someone a Yet gift voucher**

We all have those moments when life presents us with challenges, worries, doubts or stress. Thankfully, there is a gift waiting for you. That gift is your Yet moment!
 **What is a Yet moment?**A Yet moment is your special time to address what's on your mind. It's like a gift to yourself, where you get the support you need. Be that giving you insight into the bigger picture, a nudge in the right direction or helping you make a difficult decision.

**Proven effective**

One conversation with a Yet expert can make a world of difference. The Single Session approach has been scientifically proven effective and focuses on empowering yourself. There are no follow-up sessions, just practical tips and actions to help you move forward. Book your own online session with an expert of your choice - anonymously and without waiting times.

**Voucher**We have a special gift voucher to enable everyone to embrace that Yet-moment. Not just for you; you can also share it with that colleague who you know could use a helping hand. Together, we aim for more fun, health and well-being!

**Redeem your YET moment!**How can you redeem your gift voucher?

[OPTION 1: This is the payment code (preferred option). [organisation’s choice]

OPTION 2: It is simple! Send an e-mail to[...insert contact information that fits with the organisation and with the Yet implementation...]. [organisation’s choice]

The Yet experts are there to help you when it would benefit you most.

Book your session now via [www.yet.nl/plan-een-sessie](http://www.yet.nl/plan-een-sessie) and find out what the Yet experts can do for you.

**C7 | L+6 | Separate intranet message**

**Stress is not necessarily bad. How so?**

We frequently see about increasing levels of absenteeism. Predominantly caused by stress, tension, burnout, and other psychological complaints. Statistics don't lie. It's understandable that when you experience stress, you sometimes lose sight of the big picture. But what else does stress do?

 **Stress as a functional reaction**It is worth emphasising: stress is not necessarily 'bad'. It is the body’s instinctive, natural reaction to challenging or threatening situations. A physical mechanism that helps you cope with emergencies, and to react quickly to dangers. A certain amount of stress can be useful because it allows you to focus, be alert and act quickly when needed.

**Too much stress is not OK**

Although stress makes you react better and faster and gives you extra energy, too much stress is not good for you. If you are experiencing long-term stress, recognise that as a warning signal. Ask yourself: what can I change or how can I handle this situation better? What can I learn from this?
 **Consult an expert**

If you don't know how or where to start tackling persistent stress, consult a Yet expert. In a single action-oriented session, you can gain insight into your actions and discover where you can create relief.

Want to know more? Watch [the video](https://www.youtube.com/watch?v=R6wDNG-vjFs) about Yet's background and method, read the website or FAQ or ask your team leader. Want to make an appointment? Go to [www.yet.nl/plan-een-sessie](http://www.yet.nl/plan-een-sessie).

**C8 | L+7 | Happiness at Work Week (Sept 2024)**

**Put yourself first during Happiness at Work Week**

It’s Happiness at Work Week. Time to reflect on your happiness at work. Do you ever experience stress? Or do you sometimes wonder what to do with the doubts and thoughts racing through your mind? Then these tips may help you.
 **Not now**A healthy work-life balance is essential for happiness at work. Create a clear schedule, set boundaries and dare to say 'no'. This will help you conserve your energy and minimise stress levels.
 **Talk, and dare to ask for help**A good relationship with colleagues or your manager creates more happiness at work. Open your mind, be a good listener and share what is on your mind. When you share your thoughts with one another, you feel as if a weight has been lifted and solutions sometimes surface naturally.
 **Breathe and exercise!**Your breath is the most powerful relaxation tool. Simple breathing exercises help you to reduce stress in the moment. Try the 4-7-8 exercise, for example: breathe in for 4 counts, hold your breath for 7, and breathe out for 8 counts. Prefer to exercise? Take regular walks, cycle to the office or go get an extra round of tea for your colleagues.
 **Empower yourself with Yet!**The online care platform Yet enables you to work on self-development and address situations at work or at home with mental health experts, easily and in a single session. Book an online session with an expert of your choice - anonymously and without waiting times.
 **Power to you!**Would you like to know more about Yet or book a session right away? Go to [www.yet.nl/plan-een-sessie](http://www.yet.nl/plan-een-sessie).