
“Mindful resilience during and after the pandemic”

Working group 4
Network organizations
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The educational sector

The problem

- Current measures are debatable
 - Students health
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The educational sector

Proposed improvements:

- **Interactive platform**
 - Mandatory part of the lesson and subject matter
 - Get students moving
 - Teach pupils about healthy eating
 - Challenges and healthy rewards, competitive
 - Special Covid-19 page with tips/notifications (this changes with time)
 - **Healthy lunch**
 - Lunch is prepared by school
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Vital professions

The problem

- The first measures
 - In general
 - For teachers
 - Homeschooling and its problems
 - Vital jobs
 - Differences between lower- and higher educated parents
 - Current (lack of) safety measures
 - Lack of teachers
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Proposed improvements:

- New subject for primary school: Good Habits
 - Explaining healthy habits and inspire students
- Teacher is central in this new course and is a role model
 - Inspires students with own proces
 - Theoretical subjects like blood sugar and blood pressure
- Interactive learning environment with challenges as app
 - Competitive learning with competitions between different classes.
 - Gaining points by doing challenges at home like make a walk of x number of steps
 - Challenges in class are small exercises in class
 - Adapted challenges for students who aren't able to participate with the challenges



The medical sector

The problem

- Covid-19 has caused a lot of damage to the healthcare system
 - Estimated that a downscale of 40% is necessary
 - Redistribution healthcare resources is needed
 - Not all regions have an equal number of patients
 - Not all hospitals need 100% of the resources relative to the number of patients.
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The medical sector

Proposed improvements:

- Speeding up distribution, using logistics companies
 - Companies such as DHL, PostNL etc.
 - Increasing the speed and efficiency of the order progress
 - Creating an application
 - Temporary team/task force
 - Firefighters and garbage collectors
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Municipalities

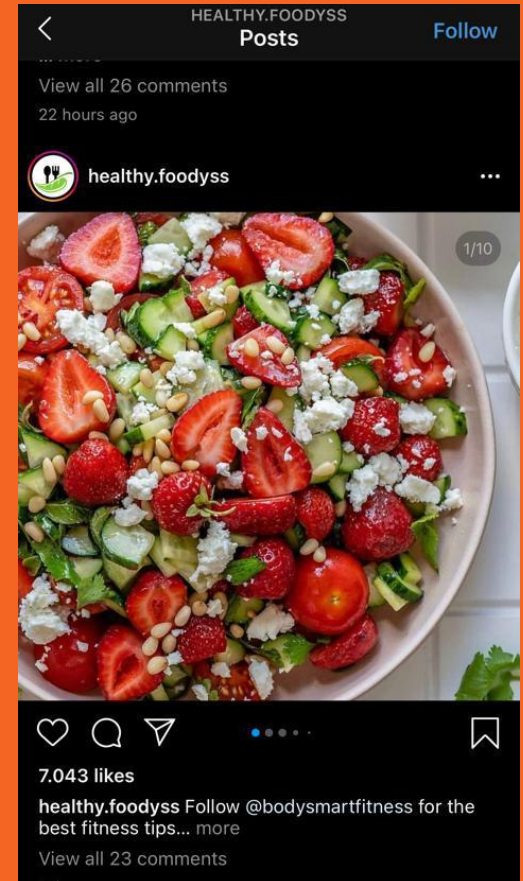
The problem

- Physical resilience
 - Movement
 - Diet
 - Mental resilience
 - Differences per region
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Municipalities

Proposed improvements:

- Movement
 - Advocating the importance of movement
- Diet
 - (Social) media campaigns for healthy diets
 - Subsidisation of healthy alternatives
- Mental
 - Campaigning for awareness
 - Introduction of mindfulness



Common thread

- Increased resilience
 - Longer term
 - Create awareness
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Questions?
