# Tips on how to disconnect – IDEWE awareness-raising material – Videos

1. Click the links below to access the videos.
2. You can share the video links or download the videos in the desired size using the arrow in the bottom-right corner of the video.

Afbeelding met symbool, logo, Lettertype, wit

Automatisch gegenereerde beschrijving

English

* Breaks: <https://vimeo.com/manage/videos/832282000/3bb1c80e6b>
* Multitasking: <https://vimeo.com/manage/videos/832281916/32107db7ab>
* Integrator or separator: <https://vimeo.com/manage/videos/832281850/dd048157b6>
* Distractions: <https://vimeo.com/manage/videos/832281764/7673e5ff44>

Dutch

* Breaks: <https://vimeo.com/manage/videos/832272084/a77fba8bb7>
* Multitasking: <https://vimeo.com/manage/videos/832271996/1284e27585>
* Integrator or separator: <https://vimeo.com/manage/videos/832271933/4fc74fa6ac>
* Distractions: <https://vimeo.com/manage/videos/832271850/032f150ba4>

French

* Breaks: <https://vimeo.com/manage/videos/832283320/8be6781f5f>
* Multitasking: <https://vimeo.com/manage/videos/832283257/d3919fcfea>
* Integrator or separator: <https://vimeo.com/manage/videos/832283180/47a717fc26>
* Distractions: <https://vimeo.com/manage/videos/832283090/03b4797d64>