

The background of the entire image is a solid teal color. Overlaid on this background are three snakes, rendered in a dark teal or black line-art style. The snakes are coiled in various positions: one in the upper left, one in the upper right, and one in the lower right. Each snake's head is visible, showing its eyes and tongue. The snakes' bodies are covered in a detailed pattern of scales, created with fine lines and cross-hatching.

Kartenset

Cool bleiben bei Stress,
Prüfungsdruck & Chaos im Kopf

The background of the entire slide features three snakes, each coiled into a similar 'Power-Pose' shape. The snakes are rendered in a dark teal color with a detailed scale pattern. They are positioned in the top-left, top-right, and bottom-right corners of the frame, framing the central text.

Power-Pose

Steh wie ein Superheld/Superheldin

- Beine hüftbreit auseinander, Hände in die Hüften
- Brust raus, Kinn hoch
- 1 Minute stark stehen

= Signal an dein Gehirn: “Ich pack das!”

The background of the entire slide is a solid teal color. Overlaid on this background are three detailed line drawings of snakes. One snake is in the upper left, another in the upper right, and a third in the lower right. They are all coiled in various shapes, with their heads facing towards the center of the slide. The snakes are drawn with fine lines to represent scales and facial features.

Brain Dump

Nimm Zettel & Stift und schreibe 2
Minuten lang alles auf, was dich nervt.
Danach notierst du einen Satz: “Was ich
jetzt brauche, ist....”
= Macht den Kopf frei, Chaos geht raus,
Klarheit rein.



Quick Release

- Mach eine Faust - 5 Sekunden halten - loslassen.
 - Ziehe deine Schultern zu den Ohren - 5 Sekunden halten - loslassen.
 - Gesicht anspannen, wie wenn du in eine Zitrone beißt - 5 Sekunden halten - loslassen
- = sofort entspannter Körper, weniger Druck



Box

Breathing

Atme 4 Sekunden ein - 4 Sekunden halten
- 4 Sekunden aus - 4 Sekunden halten.

Insgesamt 3 Runden = klarer Kopf, mehr
Fokus (wird auch von Spitzensportlern
und den Navy Seals genutzt.)

Three snakes are depicted in a teal background. One snake is on the left, coiled in a large loop. Another is on the right, also coiled. A third snake is at the top right, with its head and tongue visible. The snakes are drawn with fine lines to show scales.

5-4-3-2-1

Reset

Bringe dich ins Jetzt.

Nehme wahr:

- 5 Dinge, die du siehst
- 4 Dinge, die du spürst
- 3 Dinge, die du hörst
- 2 Dinge, die du riechst
- 1 Sache, die du schmeckst

Bye bye Stress-Loop!
Hallo Gegenwart!