

## Workshop - Stressproof through everyday life

### Inhalte

"I have no time. I´m stressed." Phrases like these aren´t unknown to us. Stress has become a frequent companion, which we don´t always welcome. The World Health Organization (WHO) knows about the effects and has declared stress among the greatest health threats of the 21st century.

What can we do so that the stress does not make us sick? Stress can´t be completely avoided in general. But it can often be reduced and we can learn strategies and techniques to deal with it better.

In the workshop, the participants will learn how to recognize their own stress and what impact this can have on their health. Participants will also gain insight into various stress management and relaxation techniques that can significantly reduce stress in their everyday lives and protect their health.

### Angebot

Workshop in Englisch  
Gruppenprogramm  
min. 8 Teilnehmer  
max. 15 Teilnehmer

### Dozent

Jennifer Jensen  
Master of Arts Public Health  
Stressmanagement Trainerin

Einsatzgebiet: Bremen und im Umkreis von 100km

### Organisation

Dauer: 1 Workshop á 90 Minuten

Benötigte Materialien:

Wird vom Dozenten gestellt: Laptop

Wird vom Betrieb gestellt: Flipchart und Beamer

Raumausstattung im Betrieb: Stühle

Benötigte Raumgröße: ca. 30 qm

