



14 August 2021: Resilience in times of crisis

On August 14, our first workshop took place at the H+ Hotel Bad Soden this year.

After the introductions of the stress mentor Ingo K. Bauer and the participants to their expectations and questions, we were asked to draw our personal first aid kit, which was completed during the workshop. Ingo started with questions and analysis about stress development and stress reduction, for which small groups had to find solutions and suggestions. In between, participants were asked several times to do breathing exercises and to loosen up by stretching and jumping. Various methods and actions for quick and long-term stress reduction, better acceptance, solution orientation and planning for the future were worked out, which can be easily integrated into everyday life.

During lunch on the terrace and also after the workshop, the group had a lively networking. The great willingness of the participants to actively participate made the workshop very energetic until the end.

We would like to thank our stress mentor Ingo K. Bauer, who guided us through the workshop with great experience and knowledge.

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