

Links & Tipps „Reduce Mental Stress“

Link for evaluation:

<https://www.umbuzoo.de/d/5f326250c15cac2bf5852783/de/>

Burnout-Self-Test (GERMAN):

<https://www.psychomeda.de/online-tests/burnout-test.html>

Books:

„Calm and Confident Under Stress“ written by Gerd Kaluza

„Mindfulness-Based Stress Reduction“ written by Linda Lehrhaupt

„Mindful Master“ written by Nick Trenton

For systemic questions:

“Words Were Originally Magic” by Steve de Shazar

Free tutorials - relaxation methods:

<https://www.youtube.com/watch?v=DTmGtznab4>

<https://www.tk.de/techniker/magazin/life-balance/aktiv-entspannen/download-anleitung-entspannung-2006922>

Email for further questions:

info@psychologische-wege.de