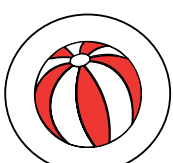
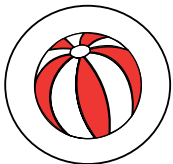
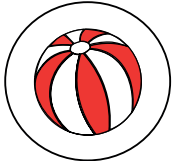
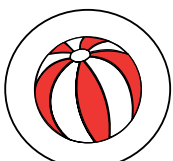
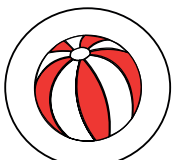
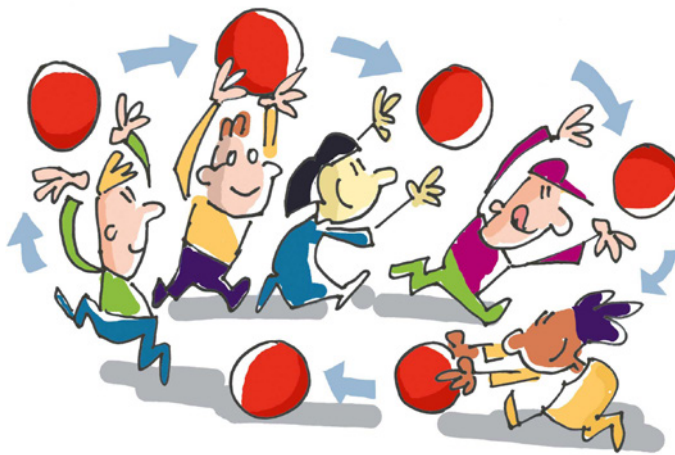




## Stressbewältigung

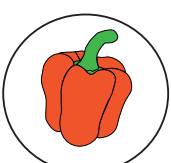
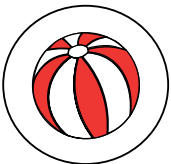


**Sport hilft bei Stress.**

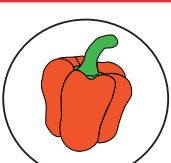
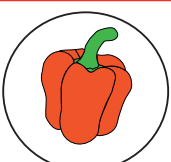


**Dein Schweine-Hund ist auch  
nur ein Tier.**

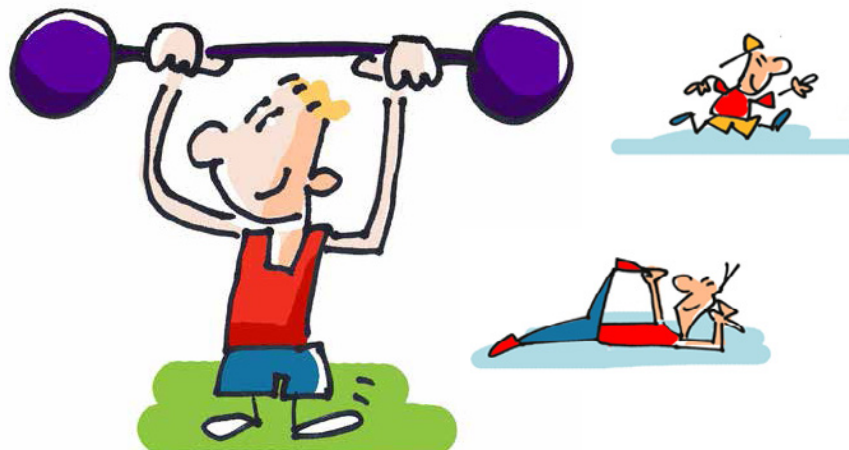


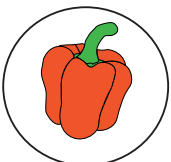
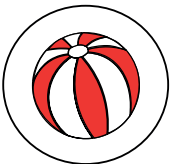


## Top-Fit!



## Starker Körper, starkes Herz.



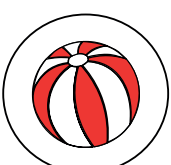


**Bewegung ist die beste Medizin.**

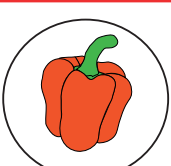
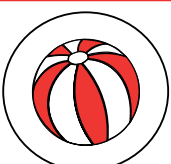


**Nimm dir Zeit zum Ausruhen!**



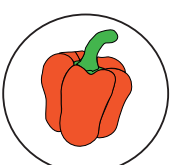


**Mal so richtig entspannen...**

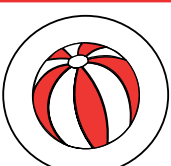
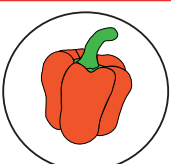


**Genug Schlafen hilft  
bei zu viel Stress.**





**Um zu entspannen, kannst Du auch meditieren oder beten.**



**Zeit für mich und für Entspannungs-Übungen.**





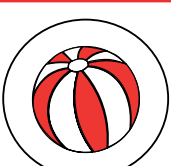
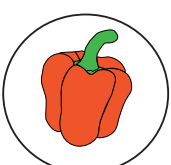
**Sei freundlich zu dir selbst  
und zu anderen!**



**Bleibe positiv!  
Denke an die schönen  
Dinge im Leben.**





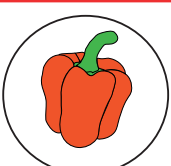
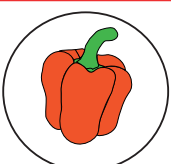


## Hobbys zum Entspannen!





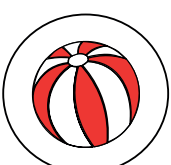
**Geteiltes Leid ist  
halbes Leid!**



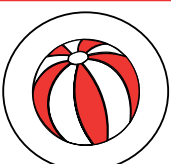
**Über Probleme sprechen hilft.**








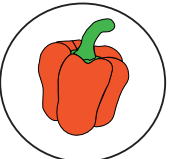


**Heute schon jemandem ein  
Kompliment gemacht?**

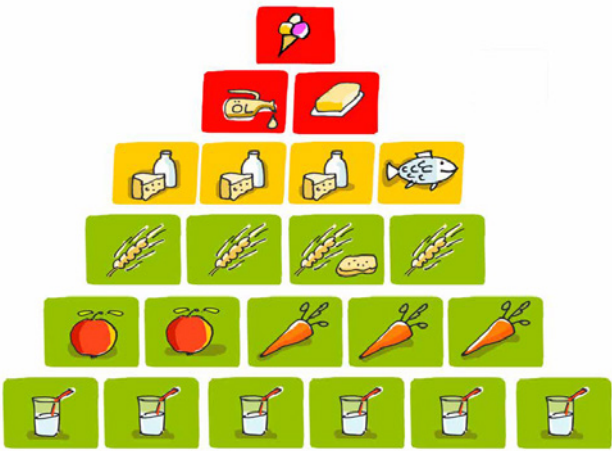


**Ein Spaziergang zum Beruhigen.**







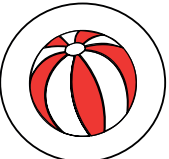
Gesund genießen.



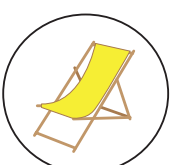
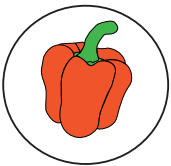
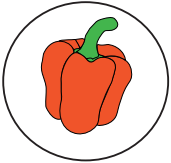
  
  
  


Viel Obst und Gemüse für die Gesundheit.

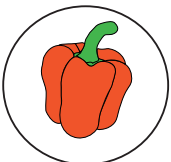


	<p><b>Lecker...</b></p> 
	
	
	

	<p><b>Iss langsam und mit allen Sinnen!</b></p> 
	
	
	

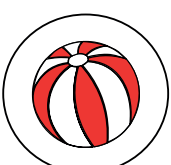
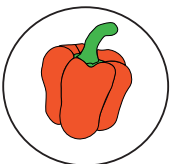


Ein Teller voller Kraft.

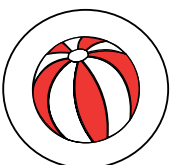
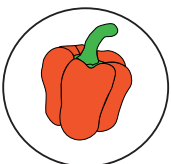
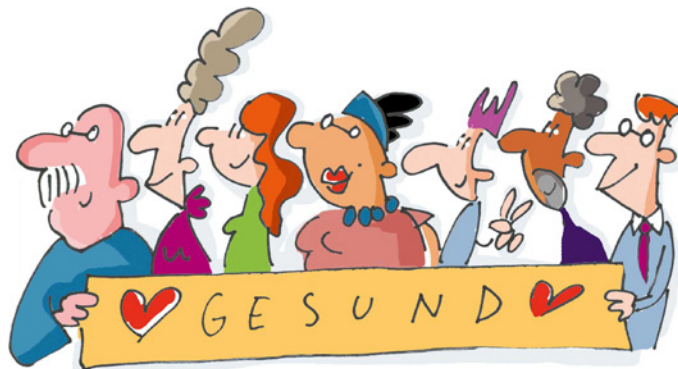


Ich stärke mein Herz.





## Gemeinsam etwas für die Gesundheit tun.



## Nur kein Stress!

