

TEAM 1
GESUND
HEIT

06.-10.10.2025

MENTAL HEALTH WEEK



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LECTURES

Our lectures impart knowledge and give you an insight into a specific topic. In 30 or 60 minutes, you will receive important information on the chosen topic and can take away new ideas for action.






LECTURES

IS IT ALL IN YOUR HEAD? - NEW INSIGHTS FROM PAIN RESEARCH

New scientific insights show that our mental health has a major influence on our perception of pain. But how big is it really? Can we simply think ourselves out of pain? And what can we do to positively influence our perception of pain? Join us to get to the bottom of these questions and take a look at the fascinating world of pain research.

THE POWER OF VULNERABILITY - WHY THE COURAGE TO BE OPEN IS TRUE STRENGTH

Vulnerability is often misunderstood as weakness, although it is an essential source of strength for mental health, deeper relationships and personal growth. This lecture shows how societal beliefs and toxic positivity inhibit our emotional openness and why a shift in perspective is necessary. Through practical strategies, you will learn to use vulnerability as a strength and be more authentic with yourself and others.



THE CALM AFTER THE STORM - REDUCING STRESS IN EVERYDAY FAMILY LIFE

Stress takes a toll on us - young and old alike. In this lecture, you will therefore learn how to tame the “family stress tiger” and how you can let your mind wander in everyday life. We will give you lots of practical tips and relaxation techniques for the whole family.



LECTURES

EMOTIONAL BALANCE INSTEAD OF PEOPLE PLEASING - FOR A HEALTHY BOUNDARIES IN WORKING LIFE

Always trying to please everyone? Does that sound familiar? We often put the needs of others before our own - especially at work. In this talk, you will learn how to free yourself from this pressure, set healthy boundaries and find your own balance. This will help you protect your well-being, reduce stress and strengthen your self-empowerment.

GUT FEELINGS - THE GUT AS A MIRROR OF THE SOUL

This lecture is all about the interplay between gut health and the psyche. Get to the bottom of the connection between gut and brain and take away practical ideas for your everyday life to promote gut and mental health.



WOMEN'S POWER AT ALL STAGES OF LIFE - FOR A BALANCED SELF

Each stage of a woman's life holds both challenges and unique opportunities. Hormonal changes, health risks and preventative measures play a central role. In this lecture, we will show you how you can actively promote your health and ensure greater well-being.



LECTURES

GENERATION STRESS - WHAT PARTICULARLY STRESSES YOUNG PEOPLE TODAY

Today's young generation faces challenges that previous generations did not know existed in this form. Whether through constant pressure in social media, comparison with unrealistic ideals, uncertainty on the labor market or fear of environmental destruction - stress seems to be omnipresent. In this lecture, we will explore the question of why young people feel increasingly burnt out and what ways there are to counteract this pressure.

HAPPINESS HACKS - BECAUSE HAPPINESS IS MORE THAN ACCIDENTAL

In an increasingly fast-paced everyday life, our professional and private demands increase daily. Due to the hectic pace and stress, however, we often forget ourselves and should ask ourselves: Does all this actually make us happy? The good news first: happiness can be learned. With the help of this lecture, you can learn the important basics for a positive attitude towards life.



HEALTHY HABITS - DEVELOPING HEALTHY ROUTINES MADE EASY

We often find it difficult to get rid of unhealthy behaviors and establish new routines. The inner resistance feels insurmountable! Why is that the case? And how can we still manage to look after our health? Come with us on an exciting journey to the sources of our motivation and discover helpful tools to strengthen your well-being and health!



LECTURES

HEDONIC HEALTHSTYLE – WITH PLEASURE TO MORE HEALTH

This new trend shows how joy, conscious experience and small moments of happiness can strengthen our well-being. So taking care of your own health can be fun! In this talk, we will look at what this can look like in practice. You can also take away interesting ideas for your own everyday (professional) life.

UNDERSTANDING MENTAL LOAD - STRATEGIES FOR MORE CLARITY AND BALANCE

Constantly thinking about everything, organizing, planning - and often carrying invisible responsibilities? In this talk, we will look at what is behind mental load and which strategies help to reduce the mental burden. Find out how you can bring more lightness into your everyday life!



MENTAL STRENGTH IN ACTION - THE POWER OF THOUGHTS AND POSITIVE ATTITUDE FOR MORE RESILIENCE

Did you know that up to 80,000 thoughts buzz through our heads every day and only 5% of them are positive? This lecture therefore focuses on how we can manage to focus on more positive things and take our thoughts less seriously. True to Heinz Erhardt's motto "You must not believe everything you think".



LECTURES

UNDERSTANDING NEURODIVERSITY - WE ALL THINK DIFFERENTLY

We all think differently - and that is precisely one of our strengths! Neurodiversity describes the natural diversity of our brains, from neurotypical people to people with autism, ADHD or dyslexia. But how can we better understand and appreciate these differences? In this lecture, you will learn about the neurological foundations, challenges and unique strengths of neurodivergent people. Practical strategies will give you valuable impulses for more inclusion and better cooperation - at work and in everyday life.

OUT OF THE COMFORT ZONE - MASTERING CRISES SAFELY

Uncertainty is part of every change, but how do we deal with it without letting it paralyze us? In this lecture, you will learn how to venture out of your comfort zone and deal with uncertainty in a self-confident and solution-oriented way. Discover how you can use crises and changes as an opportunity for personal growth and develop your inner strength in the process.



SELF-CARE AS A STRESS BUFFER - DON'T FORGET YOURSELF

Don't lose sight of yourself - especially in stressful times, this is a challenge. In this lecture, you will learn how self-care serves as an effective stress buffer and strengthens your resilience. Learn small but effective strategies to protect your well-being in the long term and be more mindful of yourself in everyday life.




LECTURES

SHOULD I REALLY DO IT OR SHOULD I LEAVE IT ALONE? - HOW TO MAKE HEALTHY DECISIONS

In everyday life, there are many situations in which we (almost effortlessly) make decisions automatically. However, when it comes to decisions that have far-reaching consequences for us, many of us experience a kind of uncertainty that can lead us to avoid making the decision. In the long term, this indecision not only impairs our well-being, but can also lead to long-term stress that can cause illness. In our presentation, we will introduce you to key factors in the decision-making process and related questions that will help you to resolve the “agony of choice”.

STRONG WOMEN IN THE WORKPLACE - FOR MORE EMPOWERMENT

A woman's everyday working life poses particular challenges in many areas. So how can you break down outdated role models and take on leadership responsibility with confidence? In this presentation you will receive valuable impulses to strengthen your self-efficacy.



HUMAN STRESS FACTOR - HOW WE CAN DEAL CONFIDENTLY WITH PEOPLE WHO STRESS US OUT

We all know them: People who exhaust us, test our patience or drain us emotionally. But why does this actually happen? In this lecture, we will get to the bottom of the psychological causes behind such encounters. We will also show you practical strategies for dealing with them with confidence - for more serenity and less stress in everyday life.




LECTURES

DEALING WITH THE PRESSURE OF EXPECTATIONS - BETWEEN DESIRE AND REALITY

Do you sometimes expect too much from others, but also from yourself? In times of social media and the like-button, comparisons are very easy and we put ourselves under more and more pressure. But desire and reality are often far apart. Find out how you can deal with unrealistic expectations of yourself and others in a healthier way. Take the opportunity to question your own attitude and learn strategies for dealing with external pressure.

FEAR OF FAILURE - THE “INNER CRITIC” AND HOW TO CURE IT

Fear of failure can block us in many areas of life - be it at work, at school or in our personal lives. It is often our “inner critic” that paralyzes us with self-doubt and negative thoughts. In this lecture, you will find out where this critical inner voice comes from, what mechanisms are behind it and how you can actively calm it down in order to deal with challenges more confidently and transform your “inner critic” into a “supportive companion”.



LEADING DIVERSITY - FOR A PROFESSIONAL APPROACH TO INCLUSION

Diversity offers numerous opportunities - it brings new perspectives, promotes innovation and strengthens teams. But how can managers create an inclusive working environment in which diversity is truly lived? In this lecture, you will learn how to value different talents and cultures, master challenges with confidence and actively use diversity as a success factor.



LECTURES

WE NEED TO TALK! - BLIND SPOTS IN COMMUNICATION

There are topics, situations or even people where we realize that there is no question of “successful” communication. One reason for this may be that we ourselves are unable to identify exactly what is going wrong in the context of the conversation. In our presentation, learn to look behind the personal façade: What needs and associated feelings play a role in these situations? And also: How do we manage to find access to them at an early stage so that we don’t fall into one or other of the conversation traps?

CAUGHT IN THE MIDDLE - LEADERSHIP IN THE SANDWICH POSITION

This lecture sheds light on the challenges that managers face when they have to meet the expectations of their superiors and the needs of their employees at the same time. It shows how pressure from above and below influences decision-making and which strategies help to find a successful balance.



BETWEEN CLIMATE CHANGE AND MENTAL STRESS - HOW WE CAN PREPARE FOR INVISIBLE CONSEQUENCES

Heat, extreme drought, forest fires, pollution, flooding and other extreme weather events are changing our habitat, our lives and putting a strain on our psyche. In this talk, we will raise awareness of the effects on our (mental) health and show what we can do in the midst of these uncertainties and how we can strengthen our resilience.

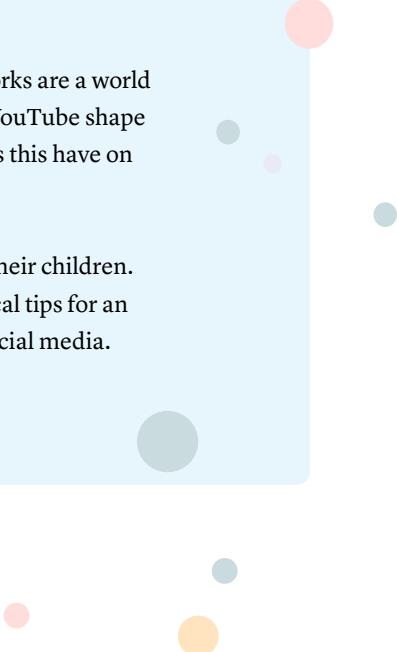


LECTURES

BETWEEN LIKES AND SELF-ESTEEM- HOW PARENTS GUIDE THEIR CHILDREN SAFELY THROUGH SOCIAL MEDIA

Selfies, self-staging, lifestyle optimization, body positivity, body shaming and diet challenges - social networks are a world full of opportunities for young people, but also risks. Platforms such as WhatsApp, Instagram, TikTok and YouTube shape self-image, beauty ideals and how we deal with feedback - both positive and negative. But what impact does this have on young people's self-image?


In our lecture, interested parents will learn about the opportunities and pitfalls that social media holds for their children. How can mothers and fathers support their children in dealing critically with "Insta & Co."? We give practical tips for an open exchange at eye level - for more self-confidence, reflection and mental health, without demonizing social media.



JOIN IN OFFERS

Here, the name speaks for itself: join in and take the opportunity to get to know different exercises and put them directly into practice. You can do all the join-in offers directly at your workplace and no materials or extra sportswear are required.





JOIN IN OFFERS

TAPPING ACUPRESSURE – TECHNIQUES TO REDUCE STRESS

Discover the transformative effect of the Emotional Freedom Technique (EFT) in this hands-on offer. Join us and find out how you can let go of stressful feelings and promote your mental well-being in just a few steps. You will learn how to bring your body back into balance in no time at all.


LIVING IN THE MOMENT - LEARNING MINDFULNESS

This hands-on activity is all about mindfulness. What is behind the principle of mindfulness? What mindfulness exercises are there and what are their benefits? The focus is on trying out simple and short mindfulness exercises that can be easily incorporated into everyday (working) life.



RELAX & RECHARGE - RELAXATION FOR BODY AND MIND

In this hands-on activity, we will show you how you can achieve greater relaxation and serenity. Get to know short exercises that you can integrate directly into your everyday life and experience how small changes in your routine can lead to greater well-being and quality of life.



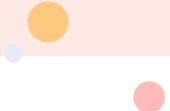
JOIN IN OFFERS

DANCE YOURSELF HAPPY - MOVEMENT FOR BODY & MIND

Learn how you can use dance and movement to promote your mental health in this participatory program. Through mindful and rhythmic forms of expression, you can reduce stress and harmonize your emotions. (Note: Practical exercises are performed without a camera)

YOGA FLOW - GAIN ENERGY AND REDUCE STRESS

After a short introduction to yoga basics, you will have the opportunity to get active yourself in this hands-on activity. Get to know different exercises, try them out and be encouraged to integrate the exercises into your everyday life.



IMPULSE

This is where it gets practical. The formats in this category provide you with tips and tricks on various topics. These can be easily integrated into everyday (working) life and give you new impetus for the integration of health-promoting rituals.





IMPULSE

MINDFUL ENJOYMENT - TIPS FOR A CONSCIOUS LUNCH MOMENT

Learn to experience your lunch with all your senses and embark on a journey towards more mindful eating.

THE COLD FORMULA – ICE-COLD RELAXATION

Learn how to harness the power of cold for yourself and your health. We shed light on the scientific background to ice bathing and give you practical tips for the targeted use of cold and breathing in your everyday life. Discover new ways to relax and improve your well-being!



RELAXED INTO THE EVENING

In this impulse, learn how to make a good transition into the evening. Receive concrete tips and impulses for action that you can integrate directly into your everyday life.



IMPULSE

MASTERING MENTAL LOAD - TIPS FOR MORE EASE IN EVERYDAY LIFE

In this impulse, you will receive valuable tips and strategies to better manage mental load in everyday life. We will show you how to organize your thoughts, delegate tasks and increase your well-being to bring more ease and clarity into your life.

MINI FOREST BATHING - FINDING PEACE IN NATURE

Enjoy a short impulse that helps you to integrate the healing power of nature into your everyday life - from the comfort of your own home or office. This short nature experience will help you reduce stress, sharpen your senses and find inner peace.



MINI-MOMENTS - A RELAXED AFTERNOON WITH KIDS

After a long day at work, there should be plenty of time to relax in the afternoon. We give you tips on how this can be achieved between swimming lessons, soccer and shopping and how everyone can get their money's worth.

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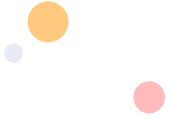
IMPULSE

NEVER PROCRASTINATE AGAIN! - SUCCESSFULLY OVERCOMING PROCRASTINATION

Get effective strategies for overcoming procrastination and taking proactive action. Discover how to find motivation, tackle your tasks quickly and get into action permanently - without delay!

POWER BREAK

Clear your head and try out short activating exercises that will give you new momentum.

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RECHARGE & REFRESH – MAKE THE MOST OF YOUR LUNCH BREAK

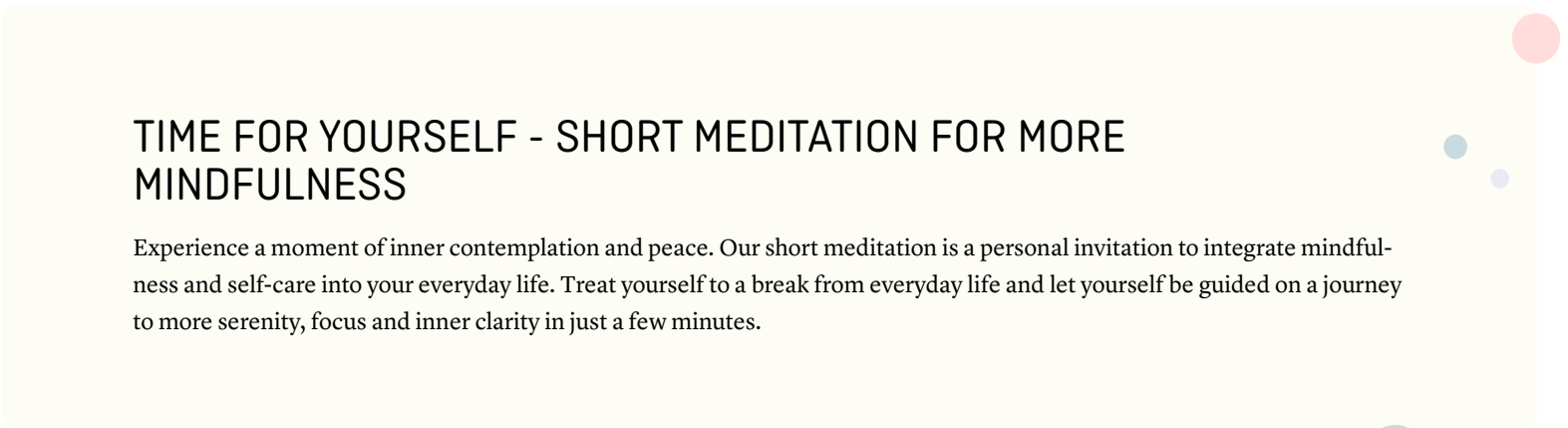
The lunch break is not just for eating - in this impulse we show you what else you can do to recharge your batteries.



IMPULSE

TIME FOR YOURSELF - SHORT MEDITATION FOR MORE MINDFULNESS

Experience a moment of inner contemplation and peace. Our short meditation is a personal invitation to integrate mindfulness and self-care into your everyday life. Treat yourself to a break from everyday life and let yourself be guided on a journey to more serenity, focus and inner clarity in just a few minutes.



ON- DEMAND- FORMATS

Podcasts, videos, self-tests and e-learning courses await you anywhere and at any time.





ON-DEMAND- FORMATS

PODCAST - MINDFULNESS EXERCISES TO LISTEN TO

Start your practice right here and now. Listen to the two exercises for breath observation and the body scan and train your mindfulness. Take the time and join in - it's worth it.

PODCAST - HOW TO SLEEP BETTER EVEN IN STRESSFUL TIMES!

How long has it been since your last stressful phase? Or are you still in the middle of it? One thing is clear: stress is an everyday companion for many people - both in their private and professional lives. However, when stressful moments become a continuous loop, the high level of tension can severely disrupt your sleep. So what can you do? That's exactly what this podcast episode is about. Get to know various rituals that will help you get a good night's sleep even in stressful times. Listen in!



PODCAST - GET ON THE TRACK OF PLANETARY HEALTH!

Have you ever heard of "Planetary Health"? In this podcast episode, we explain how the health of the earth is connected to our health. You'll get an insight into how climate change and environmental pollution affect your health and the health risks we face as a result. Because as Eckart von Hirschhausen says so succinctly: "We don't have to save the climate, we have to save ourselves!" At the end, you will also receive various tips on what you can do specifically in your everyday (working) life. Listen in!



ON-DEMAND- FORMATS

VIDEO - GET OFF THE MENTAL MERRY-GO-ROUND!

What to do when your thoughts are spinning? In this video, we would like to introduce you to a few special aids for getting off the thought carousel.

VIDEO - GIVE YOUR EYES A BREAK!

Relaxation exercises have a positive impact on our health, because they ...

- bring about an increase in self-control,
- promote concentration,
- serve to calm us down and
- increase well-being.

Start now and give your eyes a short break with this exercise.



WORK MATERIAL - MORE SATISFACTION WITH JOB CRAFTING!


Have you ever heard of “job crafting”? Basically, it means actively shaping your work according to your own needs, wishes and abilities. In other words, employees are motivated to initiate changes to their work that are within their scope of action. The advantages are obvious: people who actively shape their work report more positive feelings, have greater job satisfaction, show more commitment to their work and feel that their self-efficacy has been strengthened. Studies also show that “job crafting” has a positive effect on well-being. Dive in and find out what simple tools you can use to actively shape your own working day!



ON-DEMAND- FORMATS

WORK MATERIAL - THAT'S WHY QUALITY TIME IS GOOD FOR THE CLIMATE!

Good relationships with other people make us satisfied and happy. This is where we find stability, support and appreciation. Whether in a partnership, with good friends, family or colleagues. Good relationships make us more resilient to stress and strengthen us in challenging phases of life. However, in order to build on them, we also need to cultivate our social contacts. Quality time with our loved ones - in other words, being together consciously and attentively - can also often be implemented in a resource-saving way. After all, who needs a cell phone, laptop, etc. for this? What's more, our online activities have a massive impact on greenhouse gas emissions. Did you know that the average annual emissions from digital consumption per person in Germany amount to 0.85 tons? And on top of that, excessive screen time is also associated with sleep disorders and other risk factors, such as high blood pressure. Everything speaks for more quality time with your loved ones and without digital helpers, doesn't it?



WORK MATERIAL - YOUR DIARY FOR SUCCESSFUL STRESS MANAGEMENT

Have you ever tried keeping a diary of your stress levels? If not, now is the right time! This will help you to track down your stress and find out more about the success of your previous attempts to resolve it. You have probably already developed some effective strategies for yourself. Now it's time to unearth these "treasures". With the help of your diary, you can also actively tackle future stress situations. Perhaps you will soon be able to cope with your everyday life in a more relaxed way!



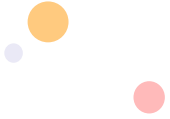
ON-DEMAND- FORMATS

WORKING MATERIAL - HOW TO STRENGTHEN YOUR CLIMATE RESILIENCE

You know that the climate is changing. We are likely to experience (waves of) heat more frequently in the future. If we focus more on the topic of climate and the development forecasts, this can give rise to feelings of fear, powerlessness or despair. And that is completely normal and also important, because only if we recognize our feelings can we derive actions from them and thus become more climate resilient. In short, climate resilience means having the mental resilience to deal with climate change. But what is involved when we talk about climate resilience?

READING MATERIAL - HOW DOES MINDFUL COMMUNICATION WORK?

Communication is your voice, the content of what you say, your posture, your facial expressions, your gestures and also your eyes. Sometimes you communicate consciously and sometimes completely unconsciously. Get valuable tips on how you can communicate even more mindfully!



READING MATERIAL - HOW TO STOP PUTTING OFF UNPLEASANT TASKS!

Mobile working comes with a lot of conveniences. But there are also some downsides and challenges that employees have to face every day. While you have a workplace in the office without many distractions, things can be very different at home or at another workplace, can't they? There are the children coming home from school at lunchtime, the dishwasher waiting to be emptied or the comfy couch and TV. So you need a good dose of self-discipline and self-motivation. But what does that actually mean?



ON-DEMAND- FORMATS

READING MATERIAL - SNAP INTO A CLAM

Do you know this too? Sometimes you just need to relax. Relaxation is not only subjectively necessary, but also essential for your body, mind and soul. Have you ever tried flash relaxation exercises? These short exercises give you an intensive relaxation break in just a few minutes. You can quickly and easily de-stress your everyday life - whether at home, at work or on the go. Take a look at the various exercises and try them out right away. A nice relaxation!

READING MATERIAL - ON THE WAY TO MORE INNER STRENGTH

Here you have the opportunity to test your personal resilience. Take the test and see how resilient you already are and where you can build on your resources.



READING MATERIAL - HAVE YOU ALREADY SAID "STOP!" TODAY?

Get to know the "STOP" exercise and receive small impulses for more mindfulness in everyday life.




ON-DEMAND- FORMATS

READING MATERIAL - HOW CAN YOU COPE WITH THE DAILY FLOOD OF WORK?

Another email, the phone rings and another message comes in via chat. Do you often or frequently feel rushed at work? If so, you're not alone. According to a survey, every second employee feels this way. Only 16 percent stated that they never feel rushed. How such a flood of work affects our well-being varies greatly. For some, it leads to an increased feeling of stress or a drop in motivation, while others become irritable more quickly. So what can we do?

READING MATERIAL - WHAT DOES MINDFUL EATING MEAN?

With the help of mindfulness, good food becomes even tastier as you consciously perceive every bite. The following tips will help you to combine mindfulness and nutrition in the best possible way. Turn eating into a personal, sensual experience. Start now.



SPECIAL GUESTS



SPECIAL GUESTS



SINA HAGHIRI

With forbearance - Why empathy can be the key to healthy relationships

We are all tempted to treat others with distrust and see the world as a cold, threatening place - especially when we find ourselves in a crisis. But what does this do to our mental health and our social relationships?

Social divisions are reinforced and lead to even more distance and insecurity on an individual level. Psychotherapist and author Sina Haghiri shows what consequences this declining trust has for all of us - and why empathic interaction can positively change our relationships both in our private lives and at work. Because even at work, trusting relationships strengthen teams, reduce stress and achieve better results in the long term.

DR. HANNAH SCHRAGMANN

Rethinking productivity - Why "getting a lot done" isn't everything

"My day was really (un)productive." We like to say this sentence frequently to evaluate our performance. This puts us under constant pressure - with negative consequences for our mental health. But productive work means more than just "getting a lot done". It also encompasses the dimension of productivity, i.e. work that sustains our own resources and the environment rather than depleting them. In this talk, we will explore what a new understanding of productivity might look like - one that takes equal account of people and nature.



SPECIAL GUESTS



DR. EVA ELISA SCHNEIDER

Preventing overload - Recognizing warning signals, effectively reducing stress

Inner pressure, exhaustion, sleep problems: it's hard to imagine our everyday lives without stress. Do you often feel exhausted, drained and have difficulty switching off? In this interactive presentation, you will learn how to recognize the signs of stress at an early stage and develop effective strategies to reduce stress and increase your well-being. We will answer the following questions

- How to recognize signs of overload at an early stage
- How we can manage stress (more) effectively
- How we can find a way out of overload

PROF. DR. INGO FROBÖSE

Interoception - How movement can influence our emotions

Movement not only influences your body, but also your emotions. In this lecture, you will find out why physical activity can noticeably change your mood - and how you can use movement to positively influence anxiety, bad mood or stress.



SPECIAL GUESTS



PROF. DR. STEFAN HEINEMANN

Corporate human-machine-health-management - between vision and reality

How can we work with artificial intelligence without losing our humanity? And how can we use AI responsibly without harming ourselves? In the working world of tomorrow, humans and super-intelligent, autonomous machines will work more closely together - often in places and in ways that we do not expect. We should prepare for this at an early stage, particularly in the healthcare sector and in workplace health promotion. But how do we deal with the mental challenges? Should we praise machines or be kind to them? This lecture provides exciting ideas for dealing with the new collaboration between humans and AI.

PANEL DISCUSSION

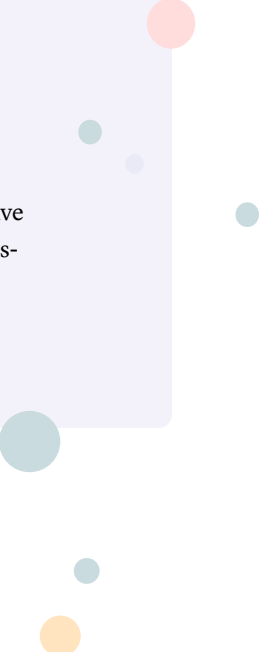


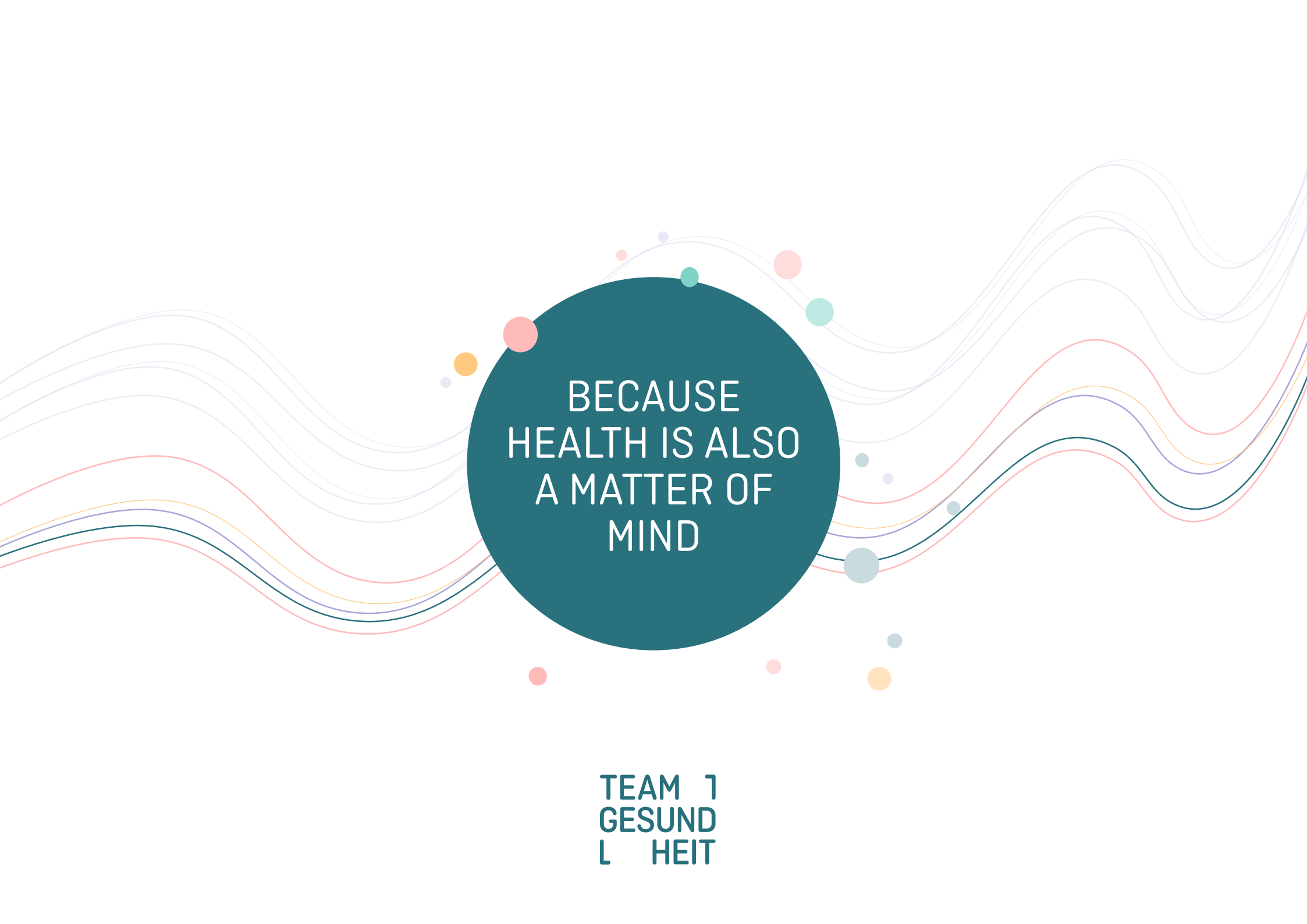


PANEL DISCUSSION

THE LEADER AS A KEY TO MENTAL HEALTH: TRAILBLAZER OR BIGGEST RISK? - YESTERDAY'S SILVER BACK IS TOMORROW'S RISK FACTOR

The role of managers in promoting mental health in the workplace is becoming increasingly crucial. But do they really pave the way for a healthy working environment or do they pose a risk due to outdated management styles? In this panel discussion, experts will shed light on how leadership culture is changing and what responsibility managers have to promote - or jeopardize - mental health.





BECAUSE
HEALTH IS ALSO
A MATTER OF
MIND

TEAM 1
GESUND
L HEIT