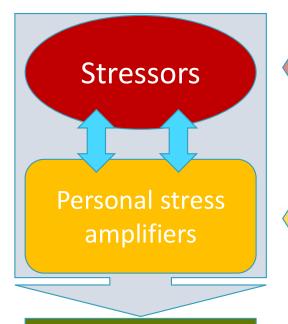
## Individual stress competence

Instrumental stress
competence
Actively address challenges

Mental stress
competence
Develop supportive attitudes



- Self management
- Time management & work techniques
- Communication & conflict skills
- Maintaining networks & further education

Self-reflection skills

- Accepting reality
- Accepting one's own limits
- Discovering opportunities and meaning

Regenerative stress
competence
Rest and relax

Stress response

- · Relaxation training
- Sports and exercise
- Enjoyment in everyday life
- Hobbies and regular breaks



Based on: Gert Kaluza, Stressbewaeltigung, 4. Auflage, 2018.