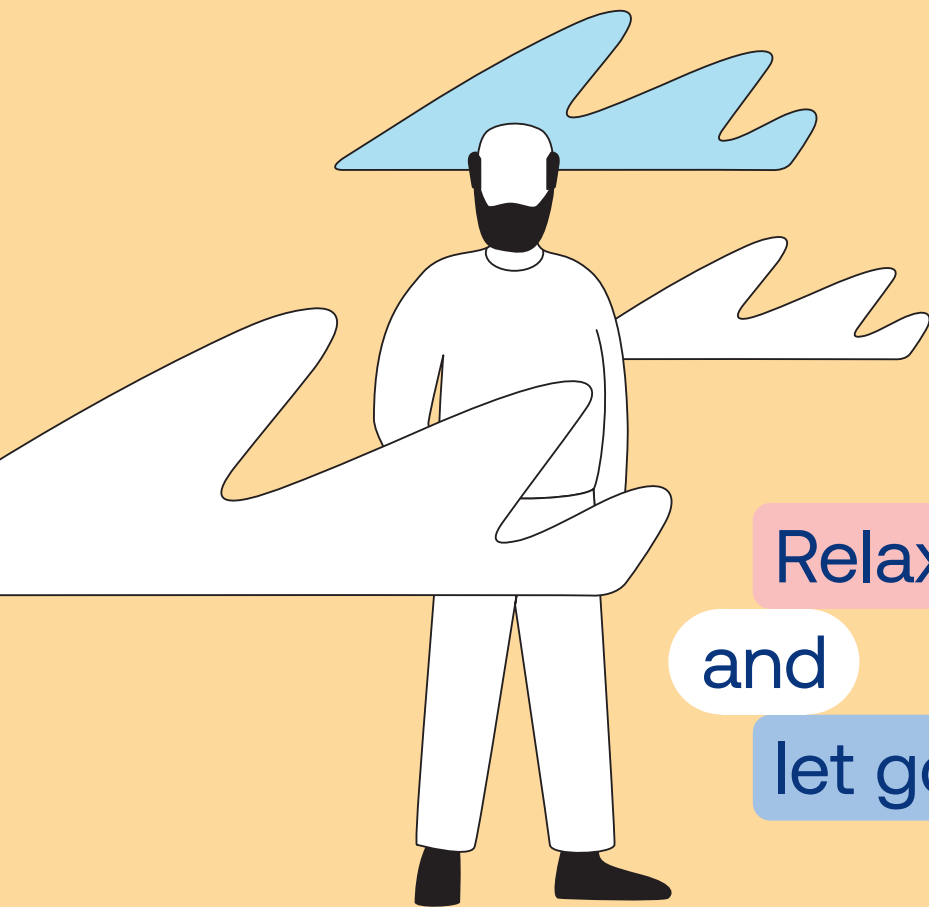


Live stress free



Relax

and

let go.



Pronova  
BKK

# Health starts in the mind.

Mental health is your source of energy for everyday life: it gives you courage and strength so can take on new challenges. Stress jeopardises many people's mental health. Recognise the causes of stress, try to minimise them and ensure relaxation and balance in your life. It's all about you!



#### Did you know?

The 4711 breathing technique helps you calm down. Breathe in for 4 seconds and out for 7 seconds. Repeat for 11 minutes (but at least for 3 minutes).



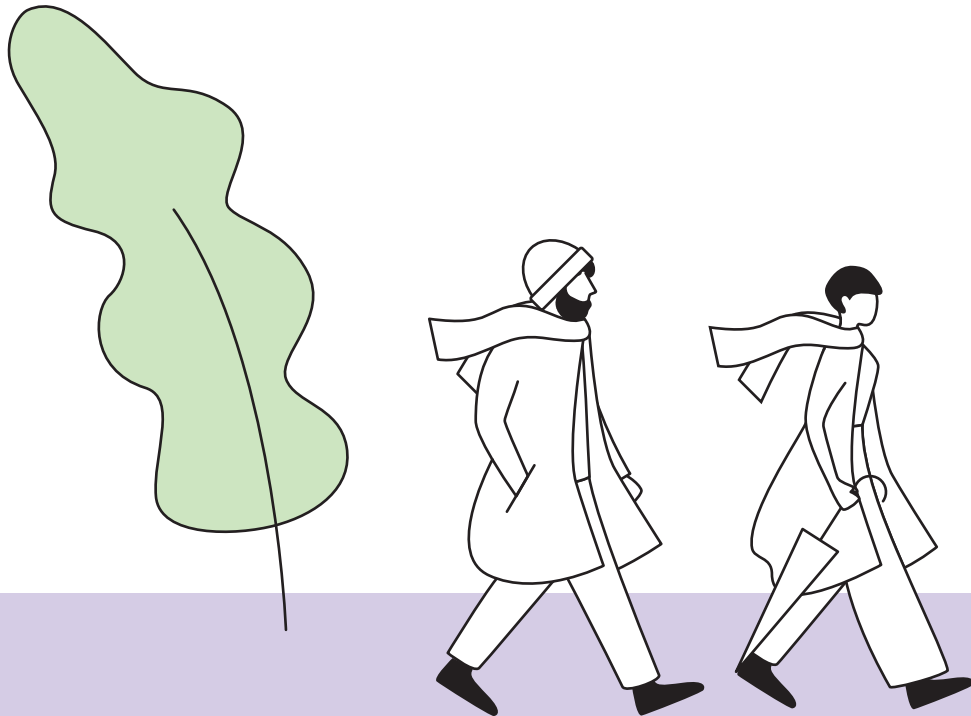
#### Exciting and relaxing:

- 4 [How stress affects you](#)
- 6 [Recognising the signs of stress](#)
- 8 [Talking is relaxing](#)
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Relax

and let go.

It's time to tackle your stress.



Longer periods of stress in your life can result in insomnia, headaches and back pain, high blood pressure, anxiety and depression. And you'll be more susceptible to infection.

If you experience stress in your private life, sooner or later you will probably experience stress at work too. Or vice versa. It's called a stress seesaw. Sometimes it's not possible to eliminate the causes of stress. This makes it even more important to learn how to manage stress.

Another important insight is that many people bottle up stress. Others try to pass on their stress to someone else. Both of these strategies are wrong.

Your personal anti-stress formula:

- **Don't stress yourself**
- **Don't let yourself get stressed**
- **Don't stress others**

Just go for a walk more often. It will clear your head. If things get out of hand, don't hesitate to seek help from a therapist.



**Did you know?**

Stress can also affect you positively - it's the tension that arises when you are focused on something and everything is going well. It's called "flow". You can never get enough of because your body releases endorphins when you're in a flow state.

# Recognising stress is the first step.

## Signs of stress and types of burn-out

The following symptoms may indicate that the stress level in your life is too high:

- Irritability and concentration disorders
- Apathy and lack of motivation
- Tension in the shoulder and neck region
- Headache
- Back pain
- Sleeping disorders



## Does work cause stress?

**Burn-on:** You feel like you're stuck on a treadmill, but you keep on going. Constant sensory overload from frequent media use can also trigger stress symptoms. Be active - switch off more often, do something relaxing and get more exercise.

**Burn-out:** Constant overexertion drains your last reserves. You are burned out. It is time to act. Ask for advice. Take a break.

**Bore-out:** Constantly being under-challenged can also make you stressed. New professional challenges may provide relief, along with finding ways to relax.

Does this sound like you?  
Then don't wait any longer.  
Go for it.



# Get it off your chest!

## Why talking is relaxing

If someone is physically ill, people usually talk openly about it. This openness is helpful. It's also good to get things off your chest by talking about them.

But stress and mental illness are different. People don't like talking about them. Why? People are often afraid of not being taken seriously. Or they don't want to show weakness. Don't be like that. If something is bothering you, talk about it. And be there for others if they want to talk.

### The positive power of talking:

- Talking helps you get to the heart of your problem. You understand yourself better and know more about what is going on with you
- If those around you know, they can respond appropriately - with understanding, patience and offers of help
- Once you acknowledge a problem, you can develop targeted solution strategies

### You can also take advantage of our offers of help:

We give you the opportunity to get professional help quickly if you are experiencing emotional distress. You can also use our online Stress Coach 24/7. It's all free of charge. Just visit [pronovabkk.de!](https://pronovabkk.de)

### But you can also make a difference yourself,

through relaxation, physical activity, healthy eating and mindfulness exercises. Learn more about these topics on the following pages!



# Ommmmm!

## Reducing stress.

You can learn different relaxation techniques on our courses. Our prevention database contains certified courses such as Progressive Muscle Relaxation, Autogenic Training, Yoga, Tai Chi and Qi Gong. We will contribute to the cost of your courses.

Make the most of our offer by: attending the courses regularly. Try to incorporate what you have learnt into your everyday life. The more often you repeat the exercises outside of the courses, the greater the positive effect on your life.

Which relaxation technique suits you best? Find out for yourself! There are several options. Get to know them all - and pick the one that fits best into your life.



### Did you know?

There are many other relaxation exercises that you can do on your own, such as visualisation techniques, mindfulness-based stress reduction, body scanning and breathing exercises.

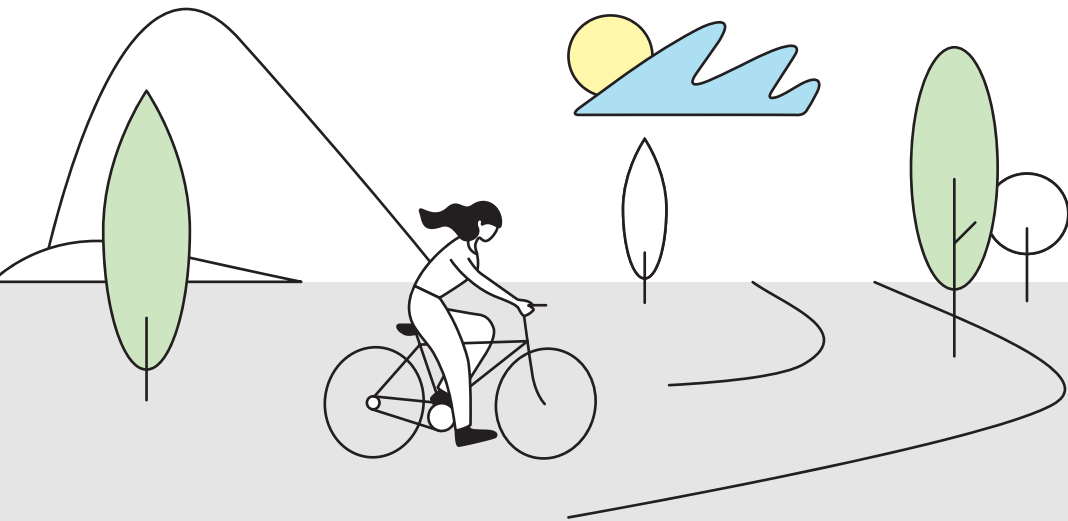


# Busy? Stressed? Go!

## That's why exercise clears your mind.

After a busy stressful day, grab your running shoes, go cycling, hit the climbing wall or gym and you'll feel like a new person. Along with relaxation exercises physical exertion can relieve stress.

Even short exercises session here and there can reduce stress. Working from home? Turn on the music and dance for 15 to 20 minutes.



Did you know?  
When exercising your body releases hormones such as serotonin and dopamine. Both can lift your mood. They are called endorphins and are an excellent anti-stress booster!

Try different types of sport to find out which one you like. Take things slowly. Don't put yourself under pressure to perform, or stress will sneak in the back door.

Our range of courses make it easy to start exercising. Browse our prevention database at [pronovabkk.de](http://pronovabkk.de). We will support you financially if you attend exercise classes. Or how about some time off? We will pay a subsidy for your health trip!



# Bon appétit - relax!

## Your meal - your time out.

Can eating be a stress management tool? With sweets, packet soups and frozen pizza? You've identified 3 problems at once: Not taking time to eat. Lack of fresh ingredients. Excessive surge intake. The bottom line is that most people eat too many calories and not enough vital substances.

### 3 tips for a healthy stress balance in your diet:

1

Eat 5 portions of fruit and vegetables per day. This will keep your body supplied with essential vital substances. It also strengthens your immune system, because stress can put it under strain.

2

Take time to eat. Don't eat while walking or standing. Switch off your smartphone when you eat. This gives you a chance to take a short break. End your break with a walk. Even just a few hundred metres are good for you.

3

Avoid stimulants such as nicotine, alcohol and fatty or sugary snacks. They only relieve stress temporarily and actually cause additional health problems.



#### Did you know?

Mindful eating means taking time and eating consciously. This will help you regain your natural sense of hunger and satiety.





Work.

## Reduce stress with mindfulness.

Mindfulness Based Stress Reduction (MBSR) helps you be aware of your body's functions. This happens when you do yoga exercises. You can also practise sitting still and walking slowly.

Mindfulness disrupts the stress dynamics of your daily routine. Slowing down reduces your stress. Body scanning allows you to mindful experience of your body's function.

Life.

Balance.



### Did you know?

If your back and shoulders tense up under stress, tense your body - sit and stand up straight, take a deep breath in and exhale slowly. This strengthens your back and reduces stress.



### Body scanning: focussing on your body

Body scanning helps you focus on the here and now. Lie on your back or sit in a relaxed position. Breathe in deeply and exhale slowly. Close your eyes.

- Think through all the parts of your body.
- Start with your feet and slowly move up your calves, knees and thighs, into your abdomen, continuing through your stomach, back, chest, arms and hands. Finally, shift your focus to your shoulders, neck and throat and into your head.
- Try to feel all your muscles. Feel how the environment affects your body: the surface you are lying on, the chair you are sitting in.
- Just let yourself feel without judging. Body Scanning should take at least 15 minutes.

# Just imagine!

## Thinking away stress.



Visualisation allows you to simply think away stress and its causes. Image something nice. Make it as tangible possible and involve all your senses. The clearer and more vividly you visualise a deeply relaxing situation, the better.

- Make yourself comfortable in a sitting or lying position. Now close your eyes and image you are in a place where you feel happy. Are you by the sea? In the mountains? In the forest?
- Are you sitting on warm sand, on a mossy forest floor or on a rough wooden bench? What can you feel? How does it feel?
- Feel the breeze on your skin. The sun. The heat. What can you hear; The sound of the sea? The wind in the tree? The cry of the eagle? What can you smell? Experience it with all your senses. Linger in the situation and savour it to the full.
- Involve your imagination in your everyday life as a positive experience. It will make you strong.



### Did you know?

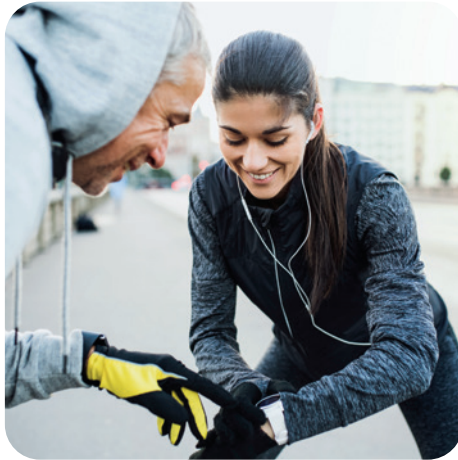
All relaxation exercises are based on deep abdominal breathing, rather than shallow chest breathing. Lengthen your exhales to create space for your next inhale. The 4711 breathing technique we mentioned earlier perfectly combines all key elements: Breathe in for 4 seconds and out for 7 seconds. Repeat the process for 11 minutes. Use your hands to feel your abdominal wall rise and fall.

# It's all about you!

## 6 weeks of every day mindfulness.

Tick all the days when you did at least one of these activities:

- You busted taboos and talked about your stress.
- You ate healthily.
- You got some exercise.
- You attended a preventive course for relaxation.
- You did a Body Scan.
- You practised visualisation.



Mark the days when you did something:

		Mon	Tue	Wed	Thu	Fr	Sat	Sun
Week	1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week	2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week	3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week	4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week	5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week	6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**At the end of week 6, evaluate your anti-stress activities:**

**Less than 3 activities per week:**

stress is probably preventing you from relaxing. It's time to change!

**3 to 4 activities per week:**

stress is no longer playing such a big role in your life. But perhaps you could relax a little more?

**5 or more activities per week:**

You are now the epitome of calm. No one could be more relaxed than you.



# For a relaxed life.

## 1. Others can help.

Talking relieves stress: if you experiencing stress, anxiety or depression, talk to someone about it.

## 2. Recognise your stress triggers.

You can't always avoid stress, but you can put into practice your personal mental health programme.

## 3. Don't stress.

Don't stress others.

## 4. Relax.

Choose a course that suits you. Or join us on a health trip.

## 5. Eat healthily.

This strengthens your immune system, which is particularly strained under stress.

## 6. Avoid alcohol, nicotine and other drugs.

Instead of helping, they will create new problems.

## 7. It's time to a change.

Exercise relieves stress and releases endorphins.

## 8. Just imagine.

Visualisation brings positive and relaxing experiences into your everyday life.

## 9. Give mindfulness a try.

It will give you a feel for your own pace.

## 10. 4711 is always helpful.

Relax by breathing according to the 4711 principle.



It's all

about you.



## Relax and get healthy with us!

We will support you in your personal stress reduction:

### Online Stress Coach

The everyday guide to reducing stress

### Prevention budget

EUR 150 subsidy for certified health courses

### Pronova BKK Active Week

All about fitness and prevention

### Bonus programme

Up to EUR 170 for your healthy lifestyle

### Well-Active programme

Your proactive wellness programme



# Always there to help you de-stress.

Relaxation and stress relief are good. But you will benefit even more by actively looking after your fitness. Take a look at our brochure on the topic “The Right Way to Exercise”.

For more information please don't hesitate to contact us!

Customer support:

E-mail [service@pronovabkk.de](mailto:service@pronovabkk.de)

Phone 0621 53391 - 1000

Fax 0621 53391 - 7000

For more services, visit:

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