

## Timetable of the anti-stress-training

### Week 1

Monday		Description	Duration
<b>Relaxation exercise with audio</b>	1. Introduction 2. fantasy journey (Hampel & Petermann, 2003, p. 238/241)	1. Explanation of the relaxation exercise goals & how it works. 2. A story of kids, who are coping with stress.	6 min
<b>Worksheet</b>	Brainstorming	The student's thoughts about stress.	10 min

Tuesday		Description	Duration
<b>Relaxation exercise with audio</b>	Breathing exercise (Hampel & Petermann, 2003, p. 288)	Breathing relaxation exercise.	2 min
<b>Worksheet</b>	Drawing stress reactions (Klein-Hessling & Lohaus, 2012, p. 100; description: p. 47)	The students can identify and feel their tension.	10 min

Wednesday		Description	Duration
<b>Relaxation exercise with audio</b>	Relaxation (Klein-Hessling & Lohaus, 2012, p. 69f.)	Full body relaxation exercise.	4 min
<b>Worksheet</b>	Stress profile (Klein-Hessling & Lohaus, 2012, p. 101)	The students specify their own definition of stress.	10 min

Thursday		Description	Duration
<b>Relaxation exercise with audio</b>	Muscle relaxation (Hampel & Petermann, 2003, p. 288)	Short version of the muscle relaxation exercise	2 min
<b>Worksheet</b>	Positive self-instructions (Hampel & Petermann, 2003, p. 267)	What are the students proud of?	10 min

Friday		Description	Duration
<b>Relaxation exercise with audio</b>	Muscle relaxation (Klein-Hessling & Lohaus, 2012, p. 57-58)	Long version of the muscle relaxation exercise.	7 min
<b>Worksheet</b>	Questionnaire week 1	SSKJ 3-8: Stress symptoms of the past week	15 min

## Week 2

<b>Monday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Muscle relaxation (Klein-Hessling & Lohaus, 2012, p. 57-58)	Long version of the muscle relaxation exercise.	7 min
<b>Worksheet</b>	My timetable (Klein-Hessling & Lohaus, 2012, p. 106)	Each student sets up weekly schedule.	10 min

<b>Tuesday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Breathing exercise (Hampel & Petermann, 2003, p. 288)	Breathing relaxation exercise.	2 min
<b>Worksheet</b>	What I can do when I feel stressed (Klein-Hessling & Lohaus, 2012, p. 102)	The students specify their own coping strategies.	10 min

<b>Wednesday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Relaxation (Klein-Hessling & Lohaus, 2012, p. 69f.)	Full body relaxation exercise.	3 min
<b>Worksheet</b>	Stress indicating thoughts (Klein-Hessling & Lohaus, 2012, p. 110-112)	The students read a comic about a stressful situation.	10 min

<b>Thursday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Muscle relaxation (Hampel & Petermann, 2003, p. 288)	Short version of the muscle relaxation exercise.	2 min
<b>Worksheet</b>	Stress indicating thoughts (Klein-Hessling & Lohaus, 2012, p. 113)	The students write down their thoughts in stressful situations.	10 min

<b>Friday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Fantasy journey (Hampel & Petermann, 2003, p. 241-244)	A story of kids, who are coping with stress.	7 min
<b>Worksheet</b>	Questionnaire week 2	SSKJ 3-8: Stress symptoms of the past week	15 min

### Week 3

<b>Monday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Muscle relaxation (Klein-Hessling & Lohaus, 2012, text & description: p. 57-58)	Long version of the muscle relaxation exercise.	7 min
<b>Worksheet</b>	My timetable (Klein-Hessling & Lohaus, 2012, p. 106; description: p. 65f.)	Each student sets up weekly schedule.	10 min

<b>Tuesday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Breathing exercise (Hampel & Petermann, 2003, p. 288)	Breathing relaxation exercise.	2 min
<b>Worksheet</b>	All the funny things (Klein-Hessling & Lohaus, 2012, p. 107-109)	The students set up a list of things they like to do.	10 min

<b>Wednesday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Relaxation (Klein-Hessling & Lohaus, 2012, p. 69f.)	Full body relaxation exercise.	3 min
<b>Worksheet</b>	Stress reducing thoughts (Klein-Hessling & Lohaus, 2012, p. 114-116)	The students read a comic of a stressful situation, in which the student tries to cope with stress.	10 min

<b>Thursday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Muscle relaxation (Hampel & Petermann, 2003, p. 288)	Short version of the muscle relaxation exercise.	2 min
<b>Worksheet</b>	Cope with stress p.19 (Hampel & Petermann, 2003, p. 237)	The student's own coping strategies in stressful situations.	10 min

<b>Friday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Fantasy journey (Hampel & Petermann, 2003, p. 244-246)	A story of kids, who are coping with stress.	7min
<b>Worksheet</b>	Questionnaire week 3	SSKJ 3-8: Stress symptoms of the past week	15 min

## Week 4

<b>Monday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Muscle relaxation (Klein-Hessling & Lohaus, 2012)	Long version of the muscle relaxation exercise.	7min
<b>Worksheet</b>	My timetable (Klein-Hessling & Lohaus, 2012)	Each student sets up weekly schedule.	10 min

<b>Tuesday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Breathing exercise (Hampel & Petermann, 2003, p. 288)	Breathing relaxation exercise.	2 min
<b>Worksheet</b>	My trip to Eurion (Hampel & Petermann, 2003, p. 286)	The students imagine a future stress situation and how they would cope with it.	10 min

<b>Wednesday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Relaxation (Klein-Hessling & Lohaus, 2012, p. 69f.)	Full body relaxation exercise.	3 min
<b>Worksheet</b>	My trip to Eurion (Hampel & Petermann, 2003, p. 287)	The students imagine a future stress situation and how they would cope with it.	10 min

<b>Thursday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Muscle relaxation (Hampel & Petermann, 2003, p. 288)	Short version of the muscle relaxation exercise.	2 min
<b>Worksheet</b>	Final questions p.24+25 (Klein-Hessling & Lohaus, 2012, p. 75)	What do the students think about the anti-stress-training.	10 min

<b>Friday</b>		Description	Duration
<b>Relaxation exercise with audio</b>	Final questionnaire	SSKJ 3-8: Stress symptoms of the past week	15 min
<b>Worksheet</b>			