

Ruhe im Kopf – Methoden zur mentalen Erholung

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Hirncoach



Wer sind wir?



Hirncoach

u^b

b
UNIVERSITÄT
BERN



Wie erholt fühlt
ihr euch
gerade?

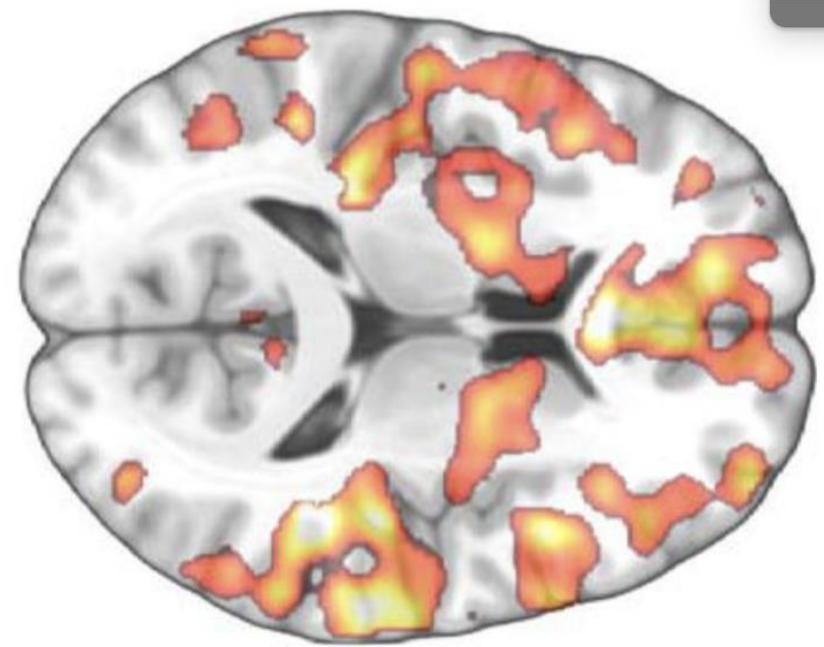
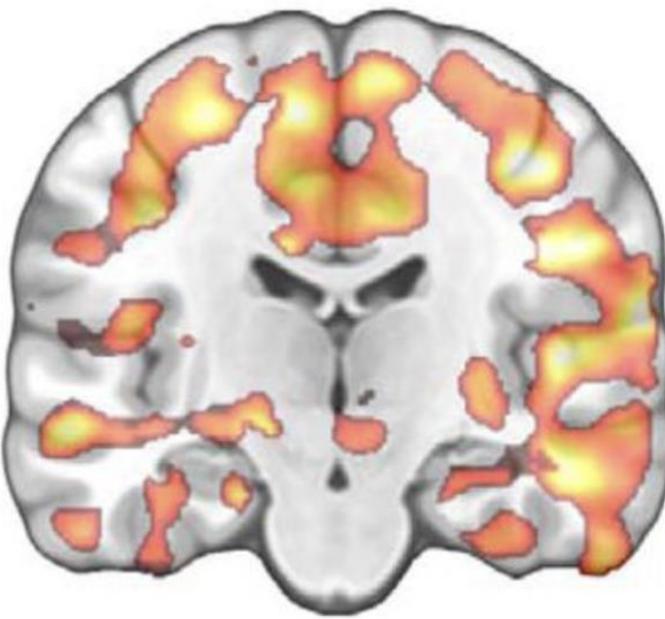
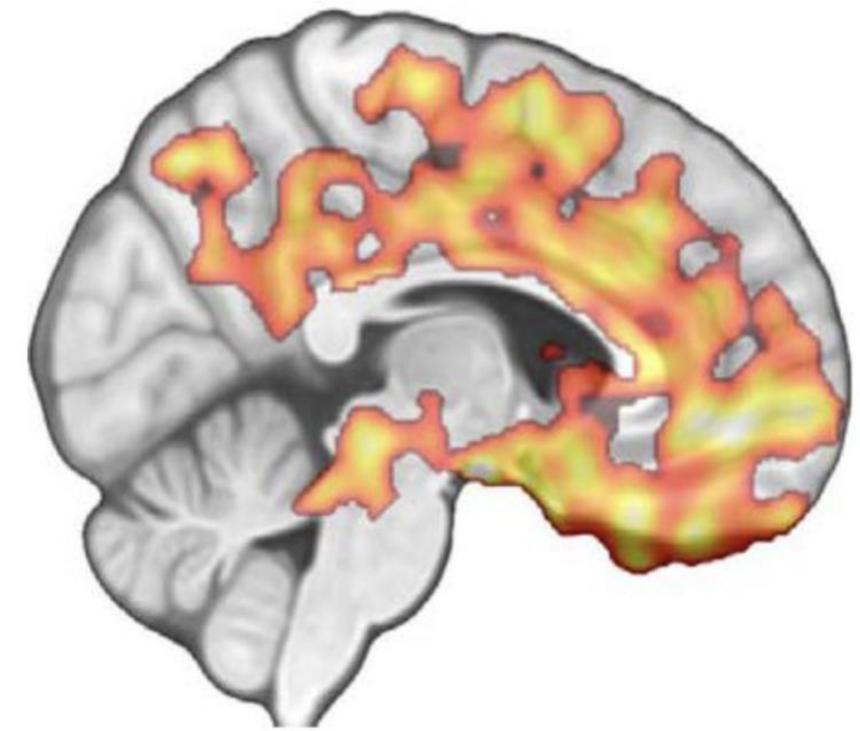


- a. recht angespannt
- b. neutral
- c. tiefenentspannt

Inwiefern
erlebst du
**Bewegung als
hilfreich für
deine mentale
Erholung?**

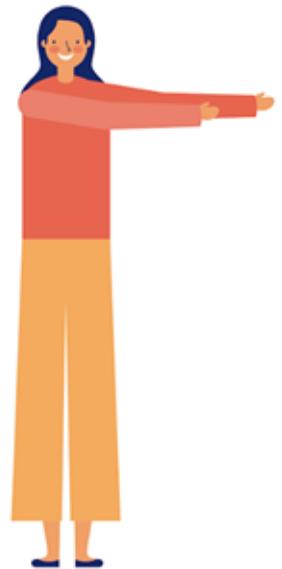


- a. Nicht hilfreich b. leicht hilfreich c. Bewegung tut mir gut



Laughter

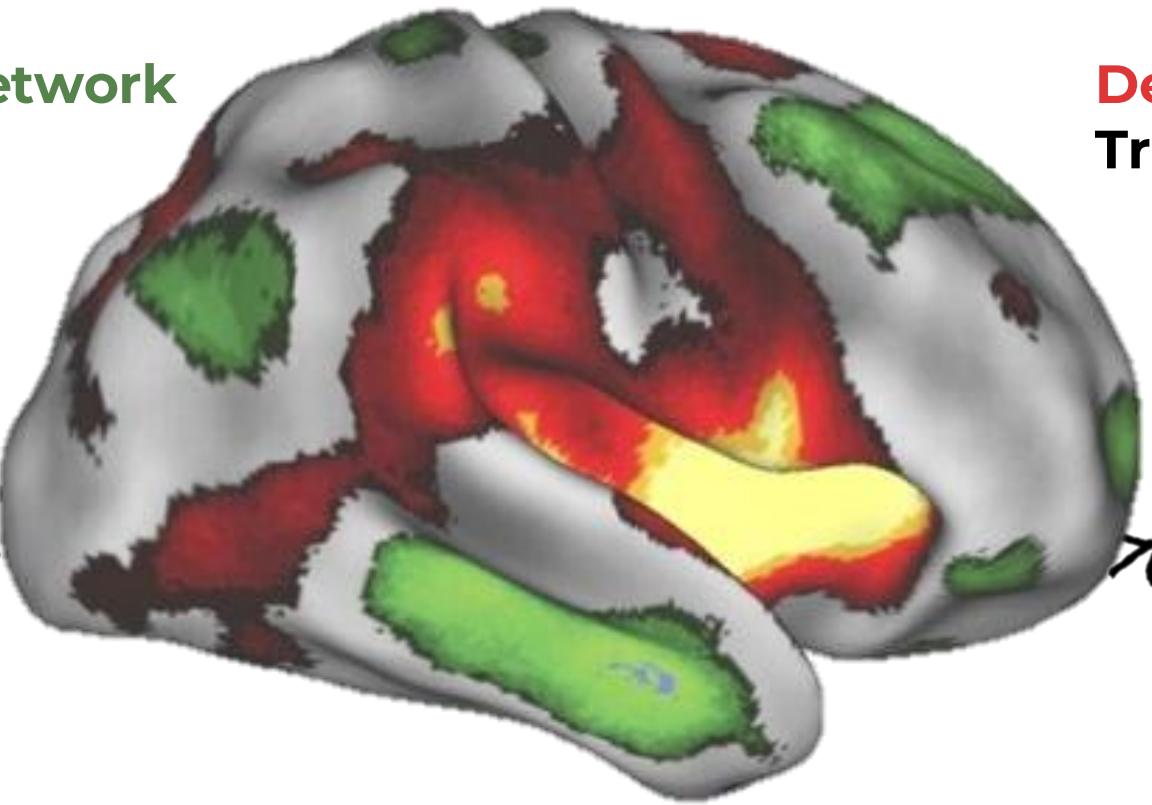
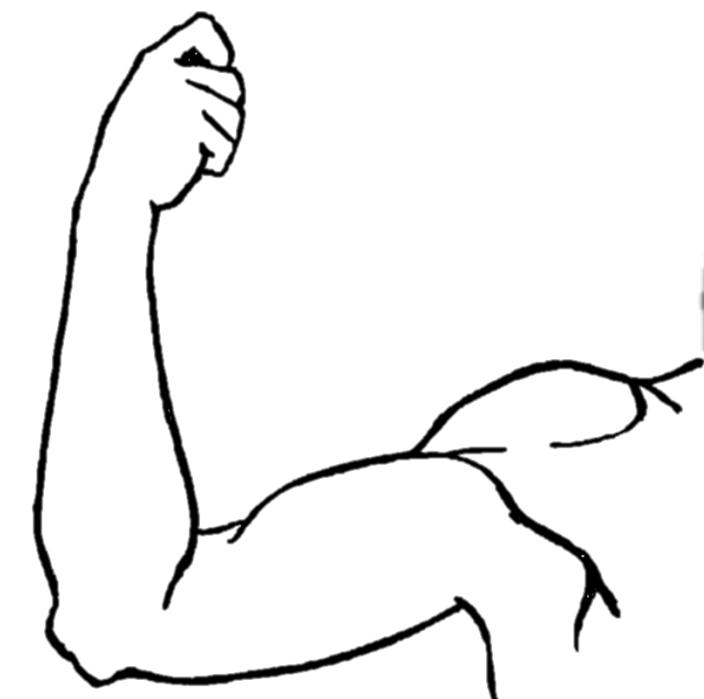
Wie stark kann Lachen Stressmarker im Gehirn senken?



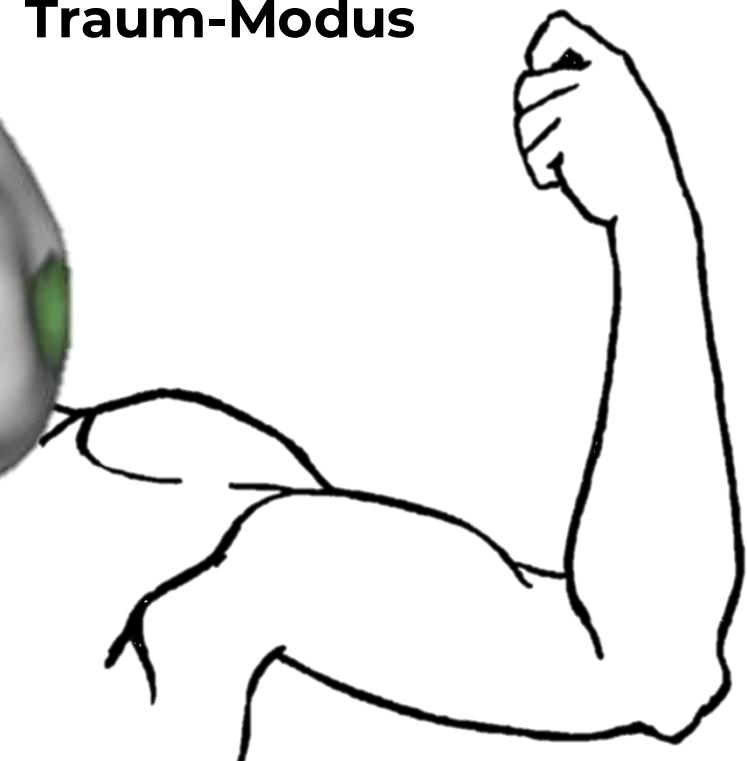
- a. bis zu 5–10 %
- b. bis zu 20–30 %
- c. bis zu 40 %

Netzwerke im Gehirn

Executive Attention Network
Fokus-Modus



Default Mode Network
Traum-Modus



Beta
(13-25Hz)



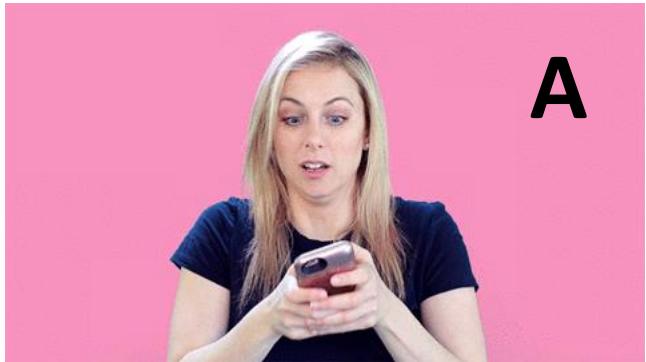
Alertness

Alpha
(8-12 Hz)



Relaxed

Was sind gute Pausen?



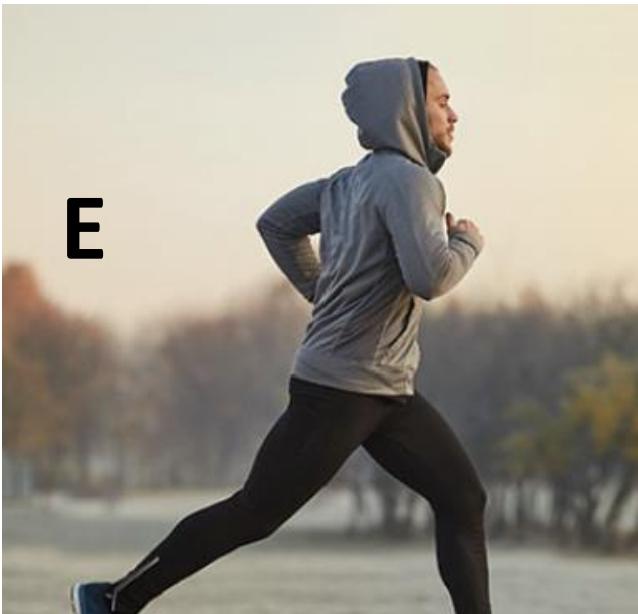
A



B



C

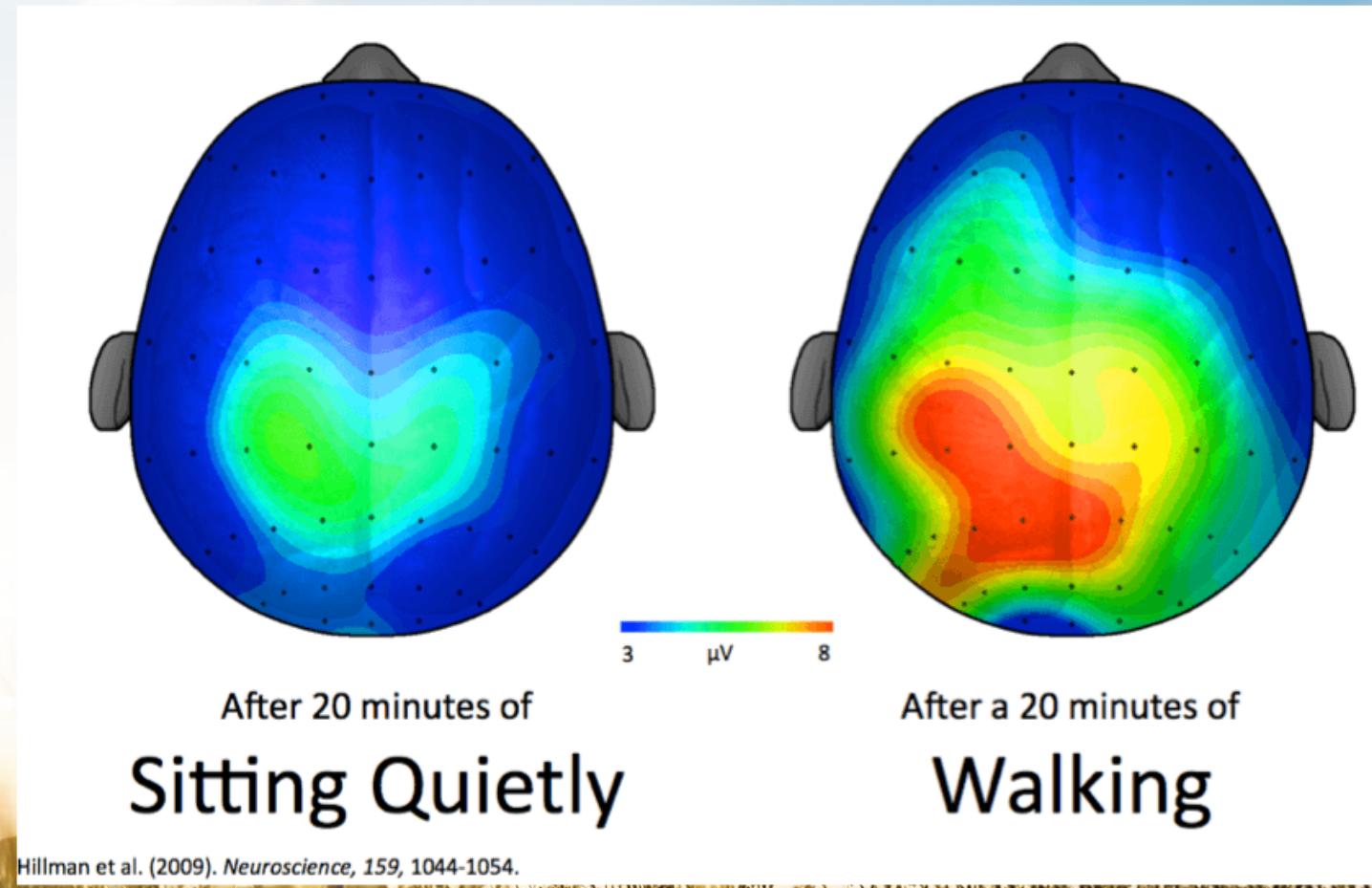


E



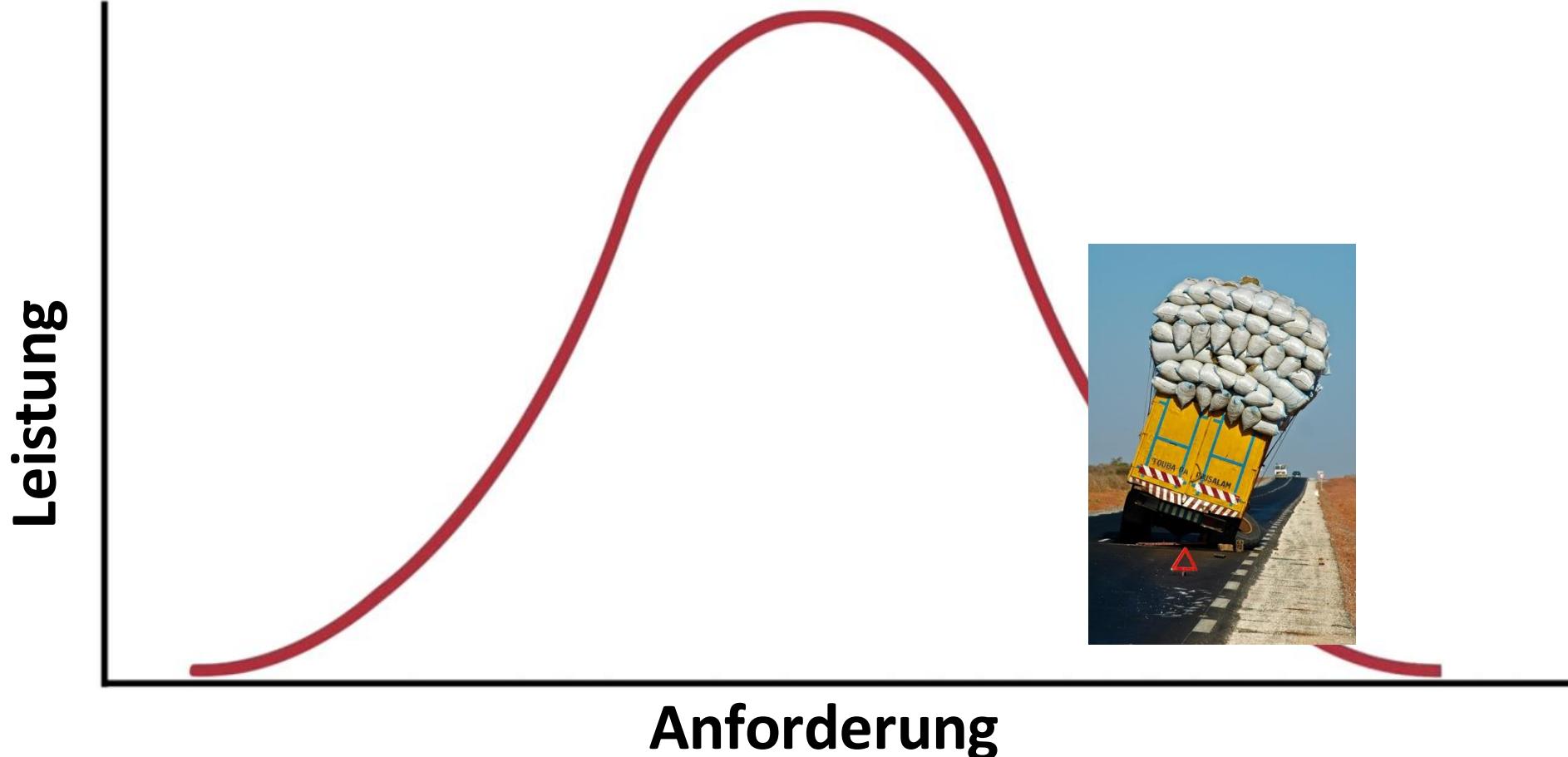
D

Bewegung

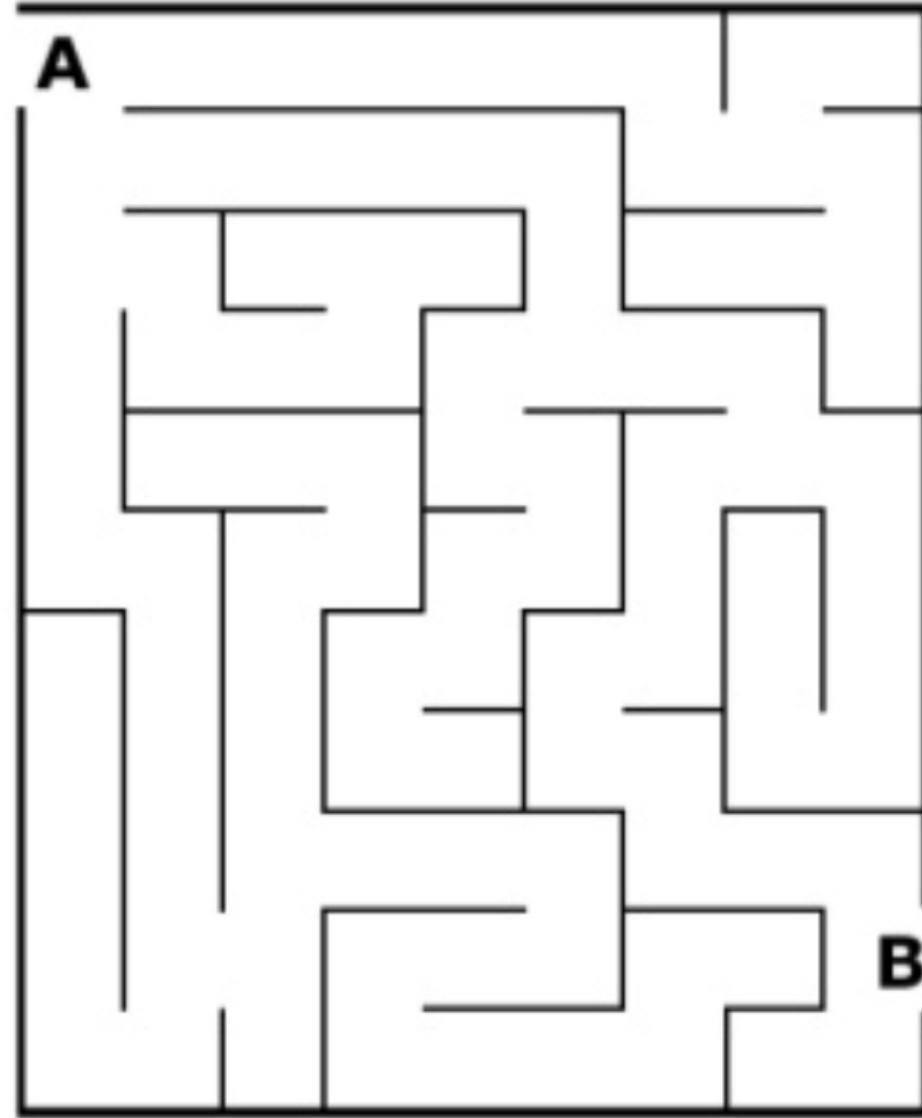


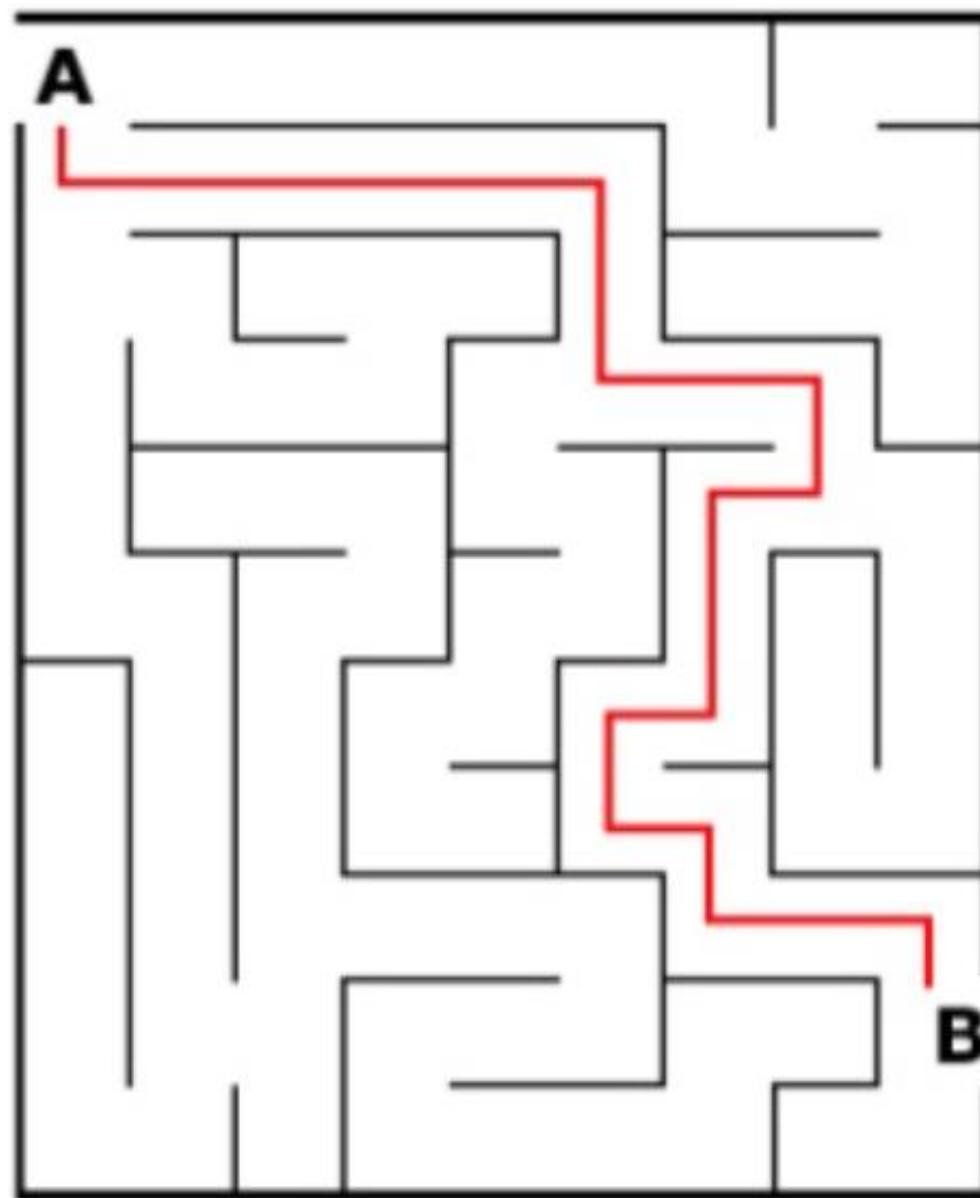
Wann war dein letzter „Aha“- Heureka – Moment?

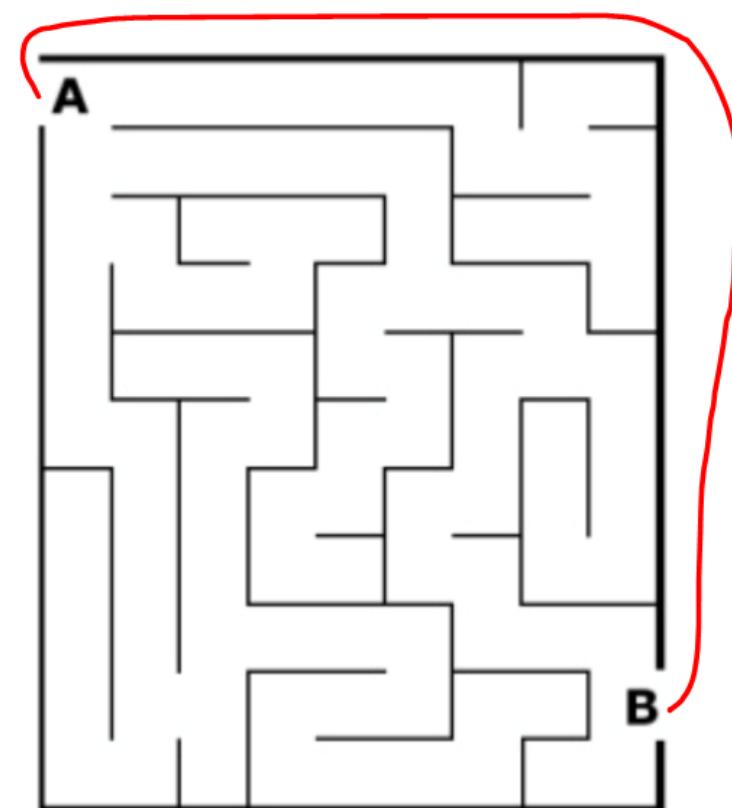
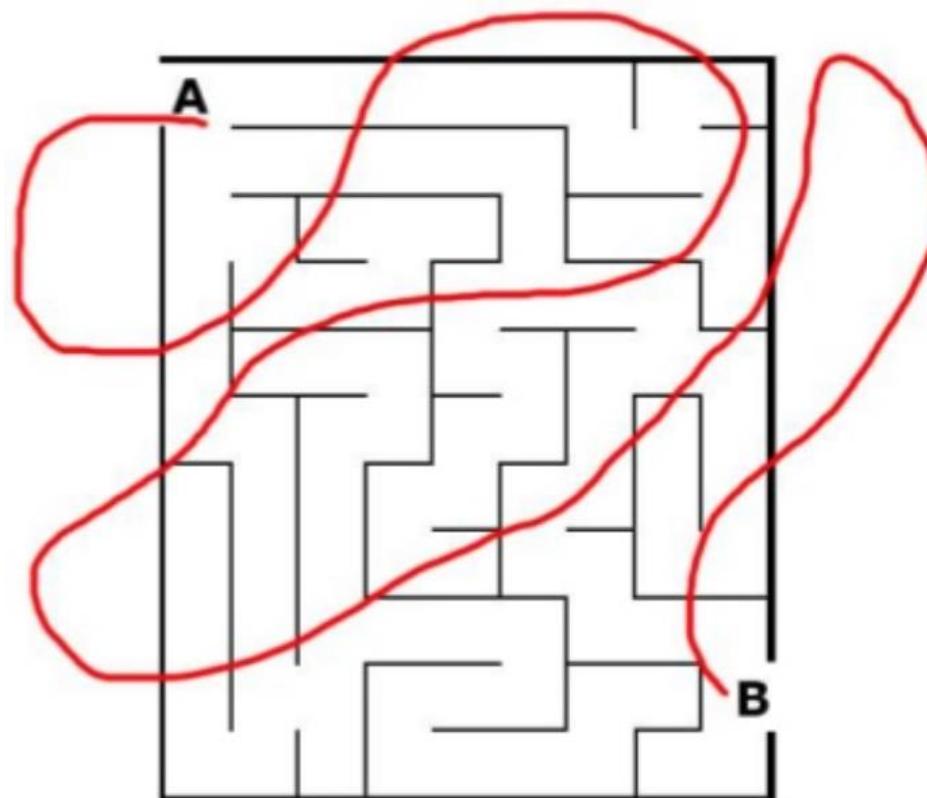
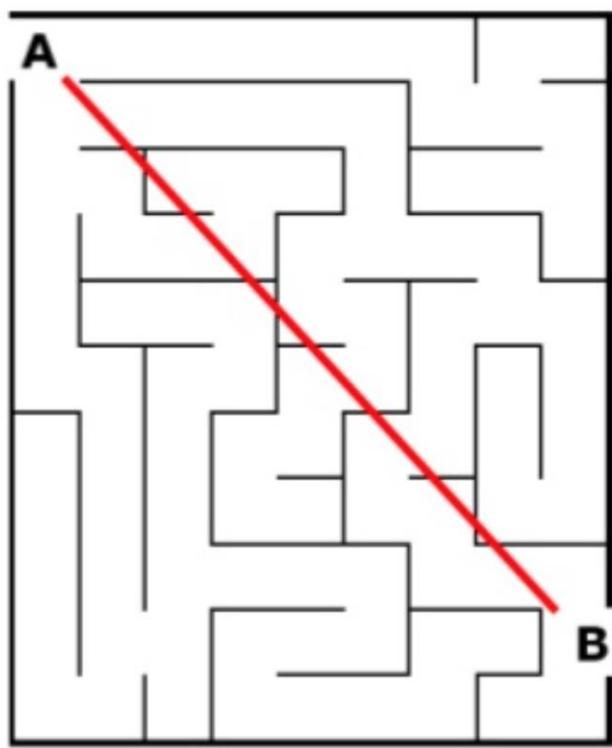




Bitte verbinden
Sie A und B









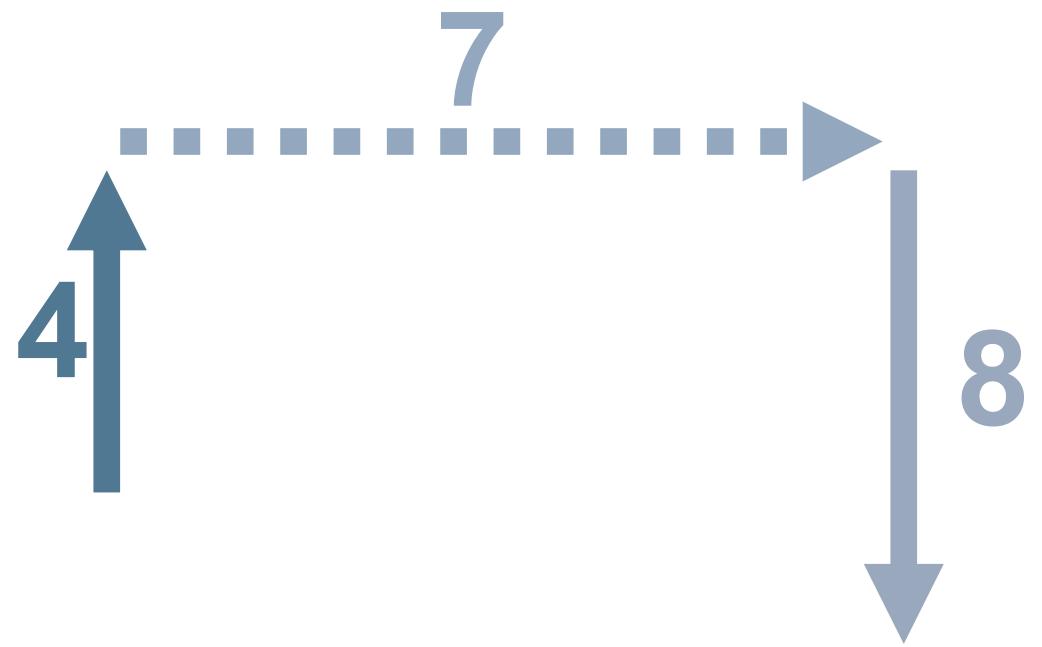
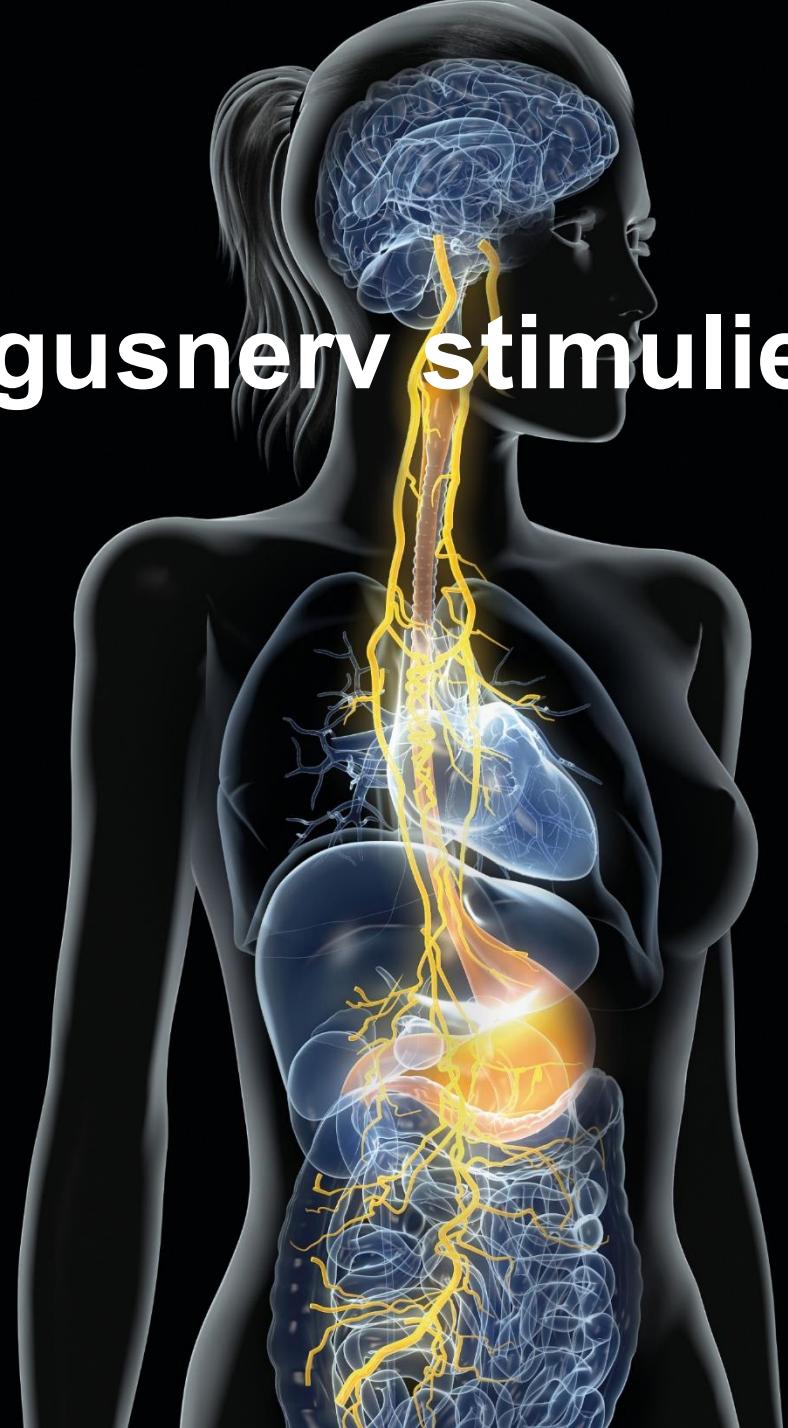
MINDSET



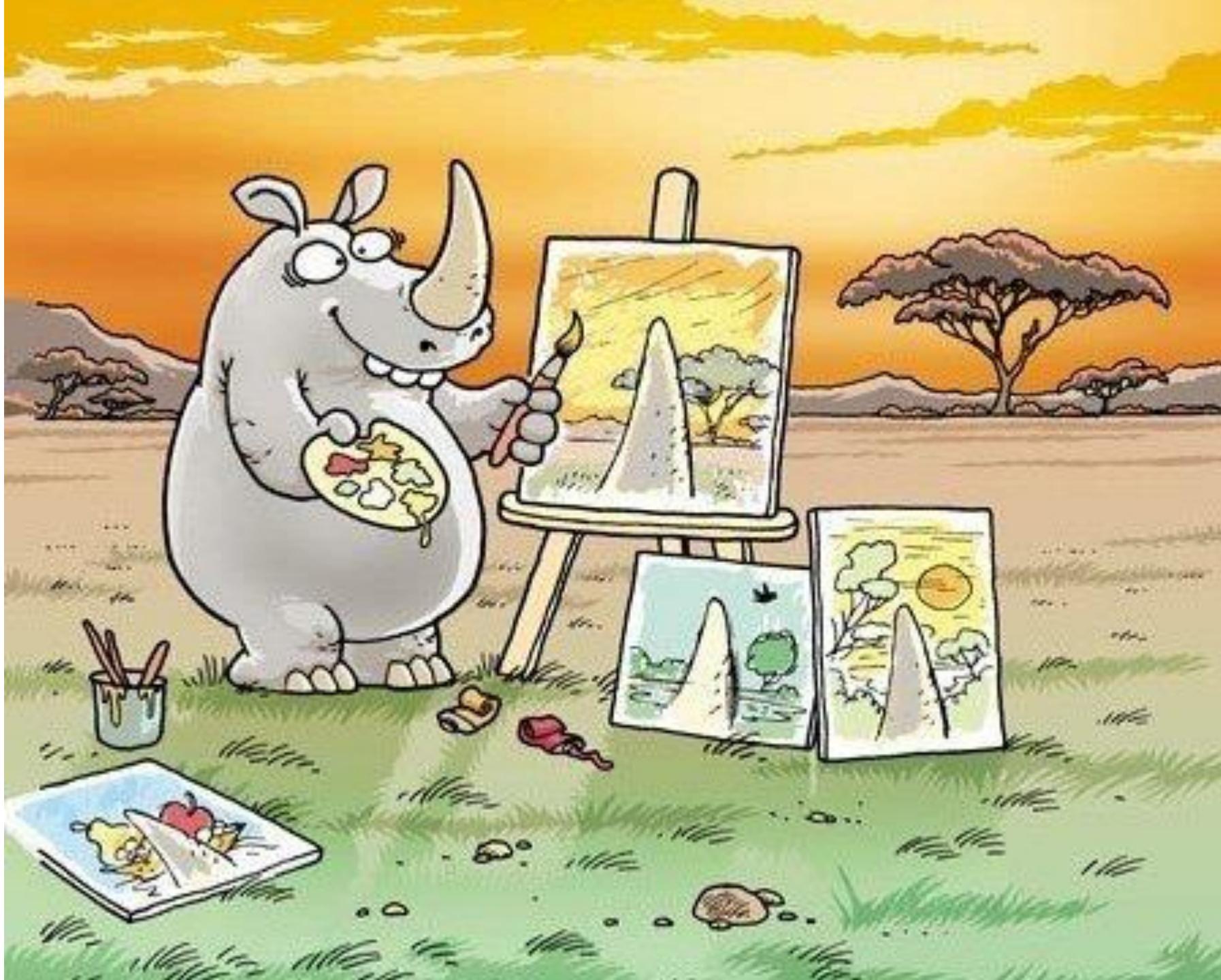
Fokus Entwicklung



Vagusnerv stimulieren







I Like The Flowers

Kanon zu 3 Stimmen



F

Dm

Gm

C7

2.

Mündlich überliefert

I like the flow - ers,

I like the daf - fo - dils,

I like the moun-tains,

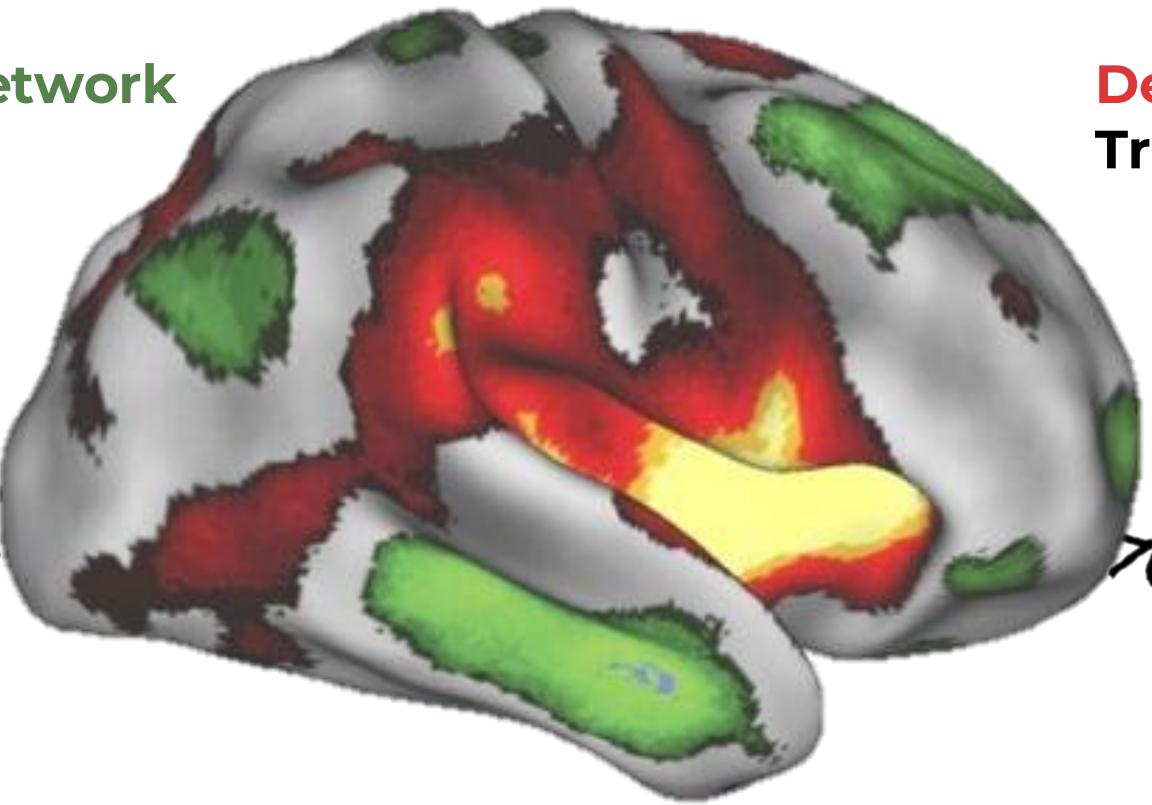
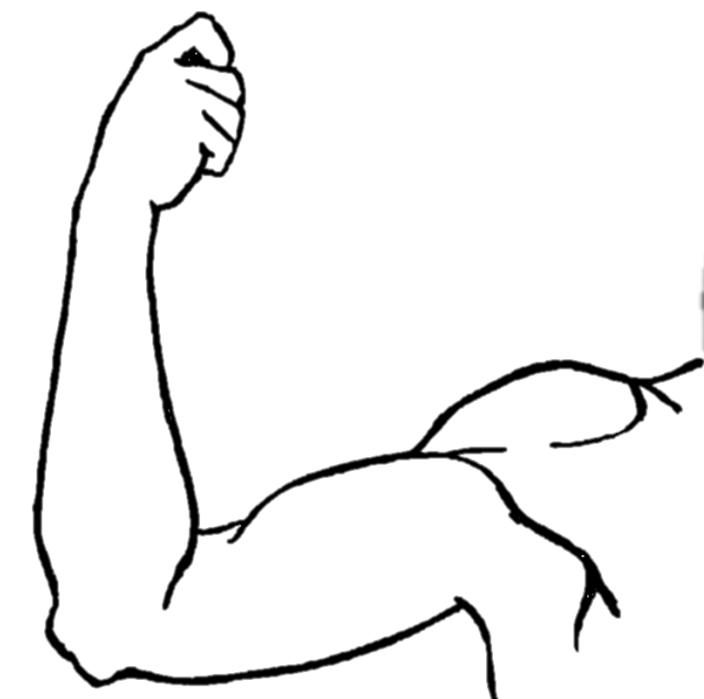
I like the rol - ling hills,

I like the fi - re - place

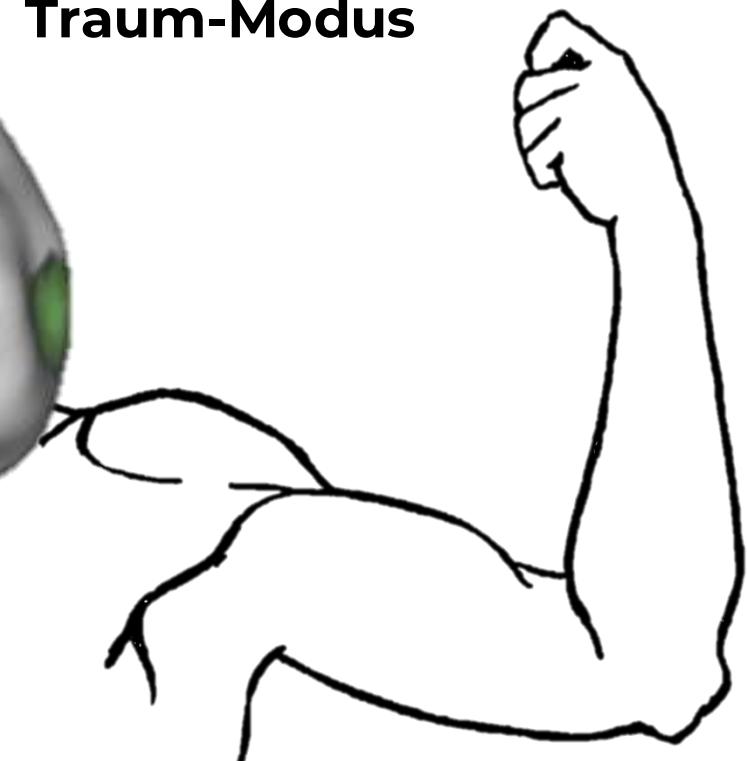
when the light is low.

Netzwerke im Gehirn

Executive Attention Network
Fokus-Modus



Default Mode Network
Traum-Modus



Jung et al., 2013

Beta
(13-25Hz)

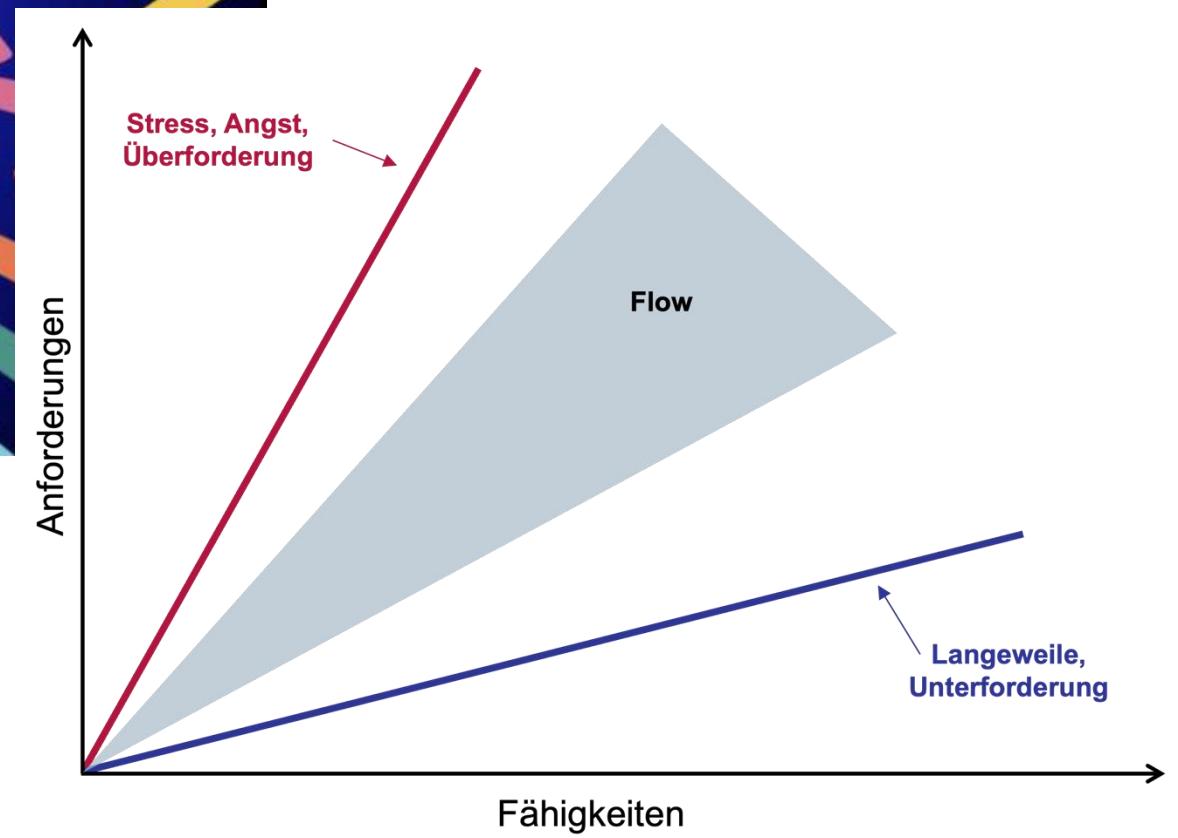
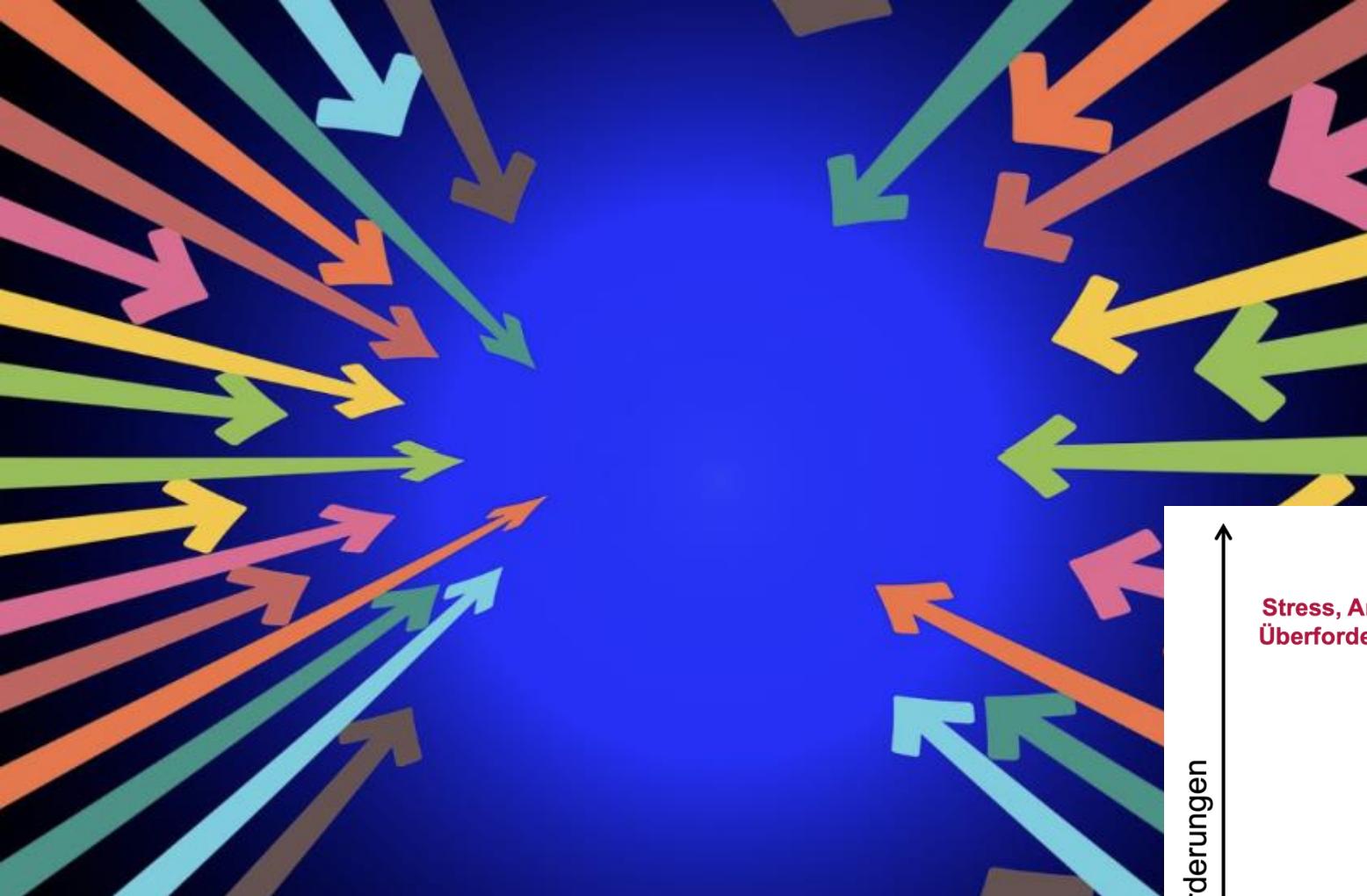


Alertness

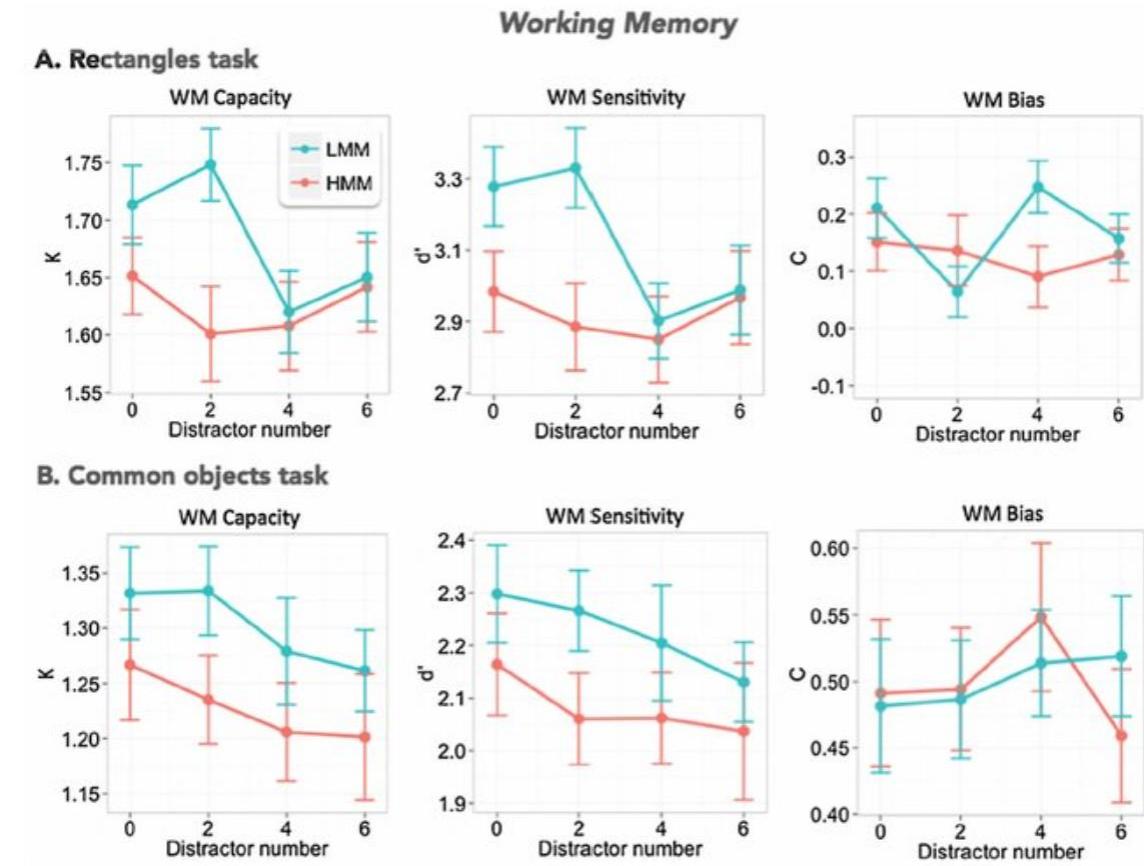
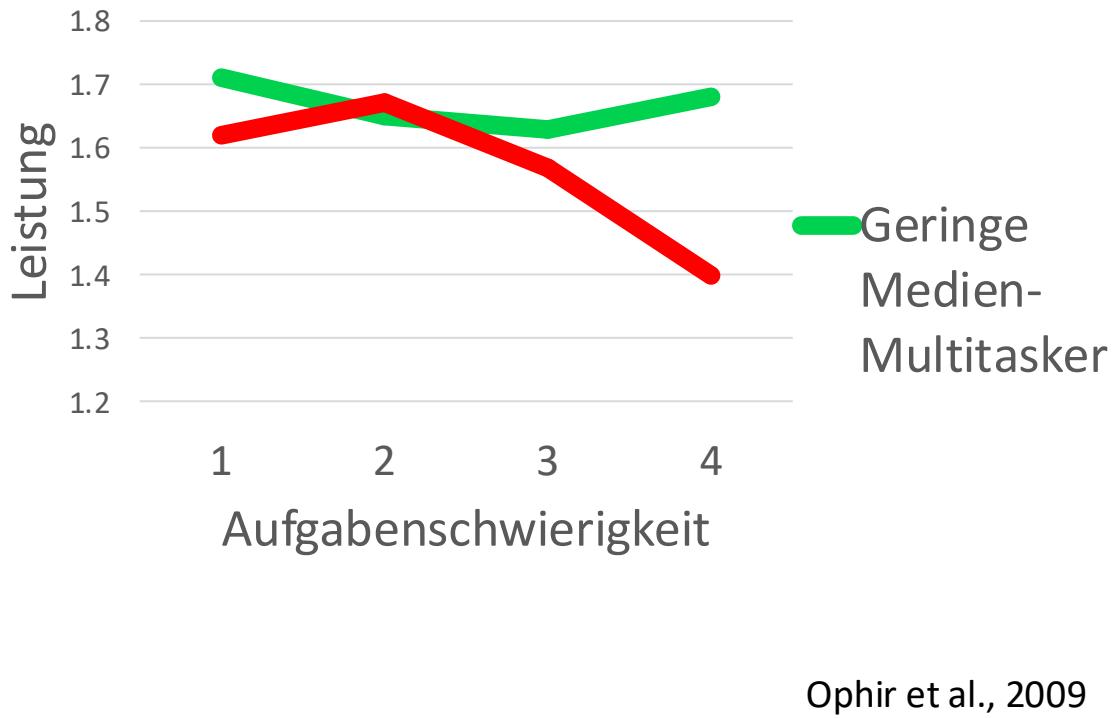
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Relaxed



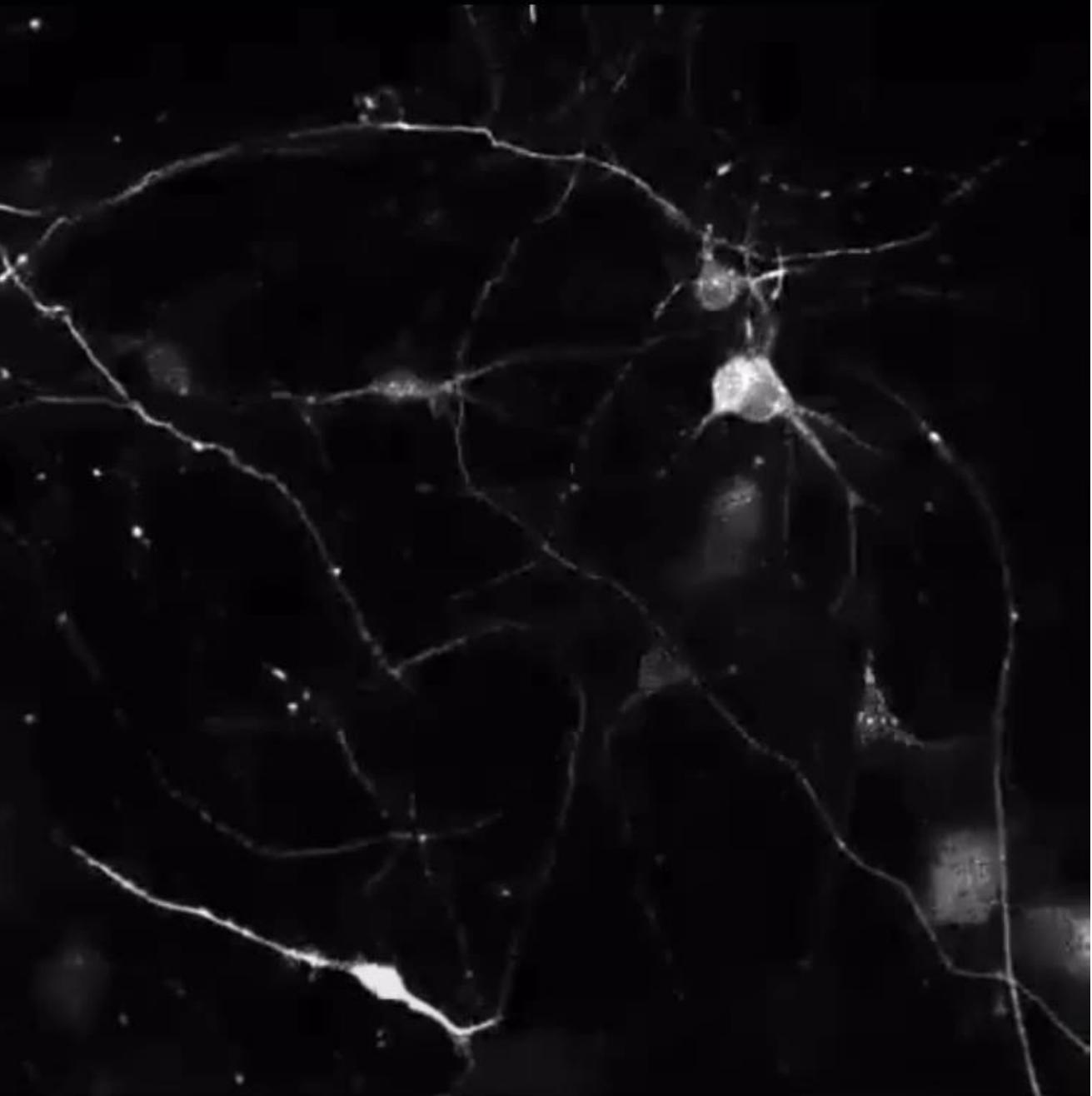
Medien-Multitasking & Gedächtnisleistung



Becker, 2025

A woman with long brown hair, wearing black-rimmed glasses and white headphones, sits at a desk in a dimly lit room. She is wearing a light-colored t-shirt and has a tattoo on her left arm. Her right hand is resting near her chin in a thoughtful pose, while her left hand holds a pen over a piece of paper. In the background, a potted plant is visible on the left, and a bright light source, possibly a lamp, is on the right.

Deep Work statt Multitasking



5 DIV

2 Hours

ROT GELB ROT GRÜN BLAU

GELB BLAU GRÜN ROT GELB

GELB ROT GELB GRÜN BLAU

ROT GRÜN BLAU GELB ROT

ROT

GELB

ROT

GRÜN **BLAU**

GELB

BLAU **GRÜN**

ROT

GELB

GELB **ROT**

GELB **GRÜN** **BLAU**

ROT

GRÜN

BLAU

GELB **ROT**

Mentale Gesundheitshygiene





Beruhige dein Gehirn



A dramatic, close-up photograph of a person's face. The individual has light-colored hair and is wearing dark-framed glasses. Their eyes are wide open, looking directly forward with a intense, focused expression. The lighting is low-key, with strong highlights on the bridge of their nose and the lenses of the glasses, while the rest of the face and background are in deep shadow. The person is wearing a light-colored shirt with thin, dark horizontal stripes.

Der Brain Drain Effekt

Hast Du digital-freie Zeiten?
Hast Du digital-freie Zonen?





Schlaf ist essenziell





Ein Tagesrezept zur Erholung

1. Lachen
2. Mach bewusst Pausen und tanke frische Luft
3. Tue jemandem etwas Gutes
4. Sei achtsam & dankbar
5. Halt dich fit & gesund
6. Treffe Familie & Freunde
7. "Be kind to your mind"
8. Reduziere Zeit auf sozialen Medien
9. Aktiviere deine Sinne (z.B. Berührung, Kunst)
10. Gönn dir genug Schlaf



Lieber kleine, dafür
machbare Vorsätze

Just start

Zeitfenster einplanen

Plan B bereit halten

Erinnerungsobjekt

Zusammen angehen

Ziele mit Entspannung
kombinieren

Habit stacking

Einfache Routinen
schaffen

Regelmässigkeit

Gemeinsame Rituale

Hürden erkennen & abbauen

MACHEN
IST WIE
WOLLEN
NUR KRASSER

