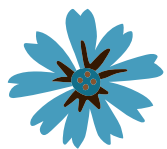


# Für dich!

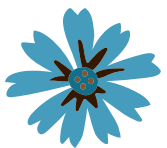
Checkliste Checkliste Checkliste



**Bewusst entschleunigen**



**Bewusst atmen**



**Bewusst machen**