

Health Journey

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Dystress

Unruhe

Sorgen

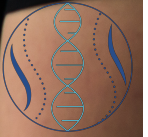
Schmerzen

Depression

Ermüdung

Überforderung

Burnout





Eustress

Spaß

Antrieb

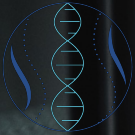
Erfolg

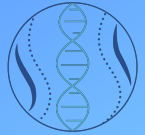
Glücksgefühl

Fokus

Kreativität

Leistung





Parasympathikus-Sympathikus

