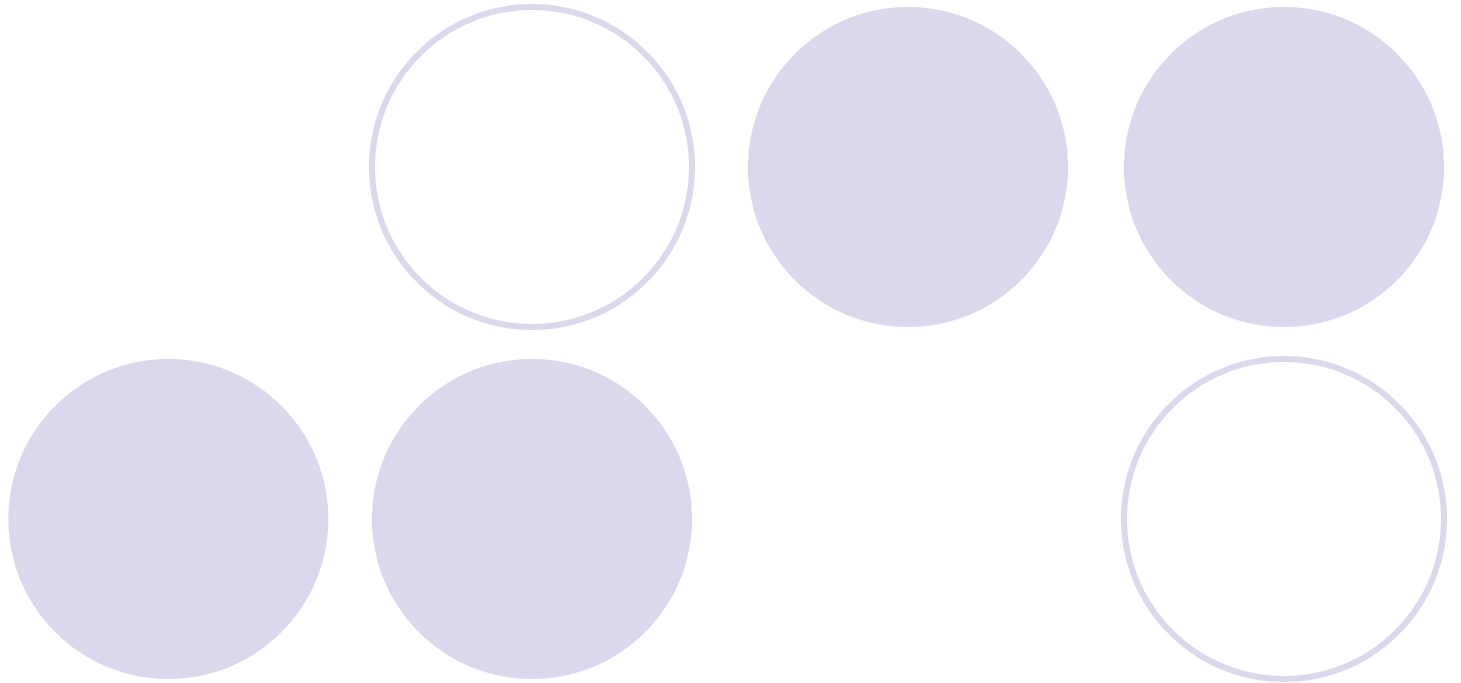
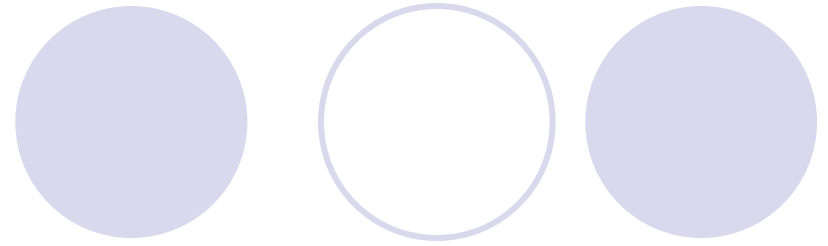
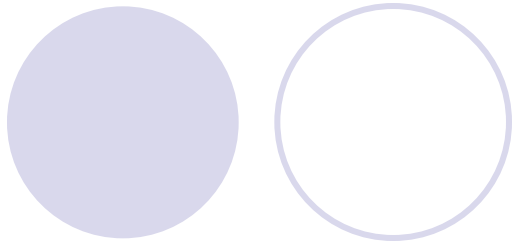


Stärkungen der psychischen Gesundheit mit MindMatters?



Erfahrungen aus dem Schulalltag



SEKUNDARSCHULE KREIS SISSACH

TANNENBRUNN
SISSACH

BÜTZENEN
SISSACH

IMBERMATT
DIEGTEN

HOHENRAIN
RÜMLINGEN

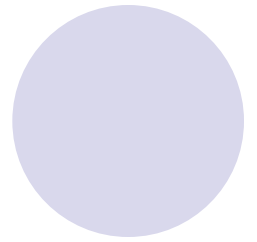
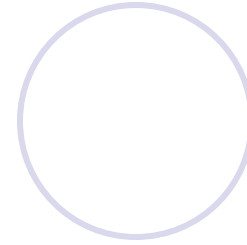
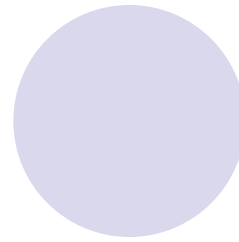
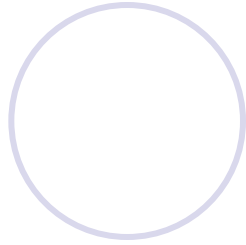
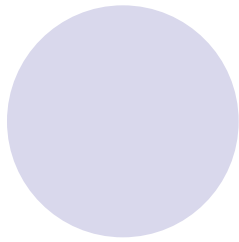


A

E

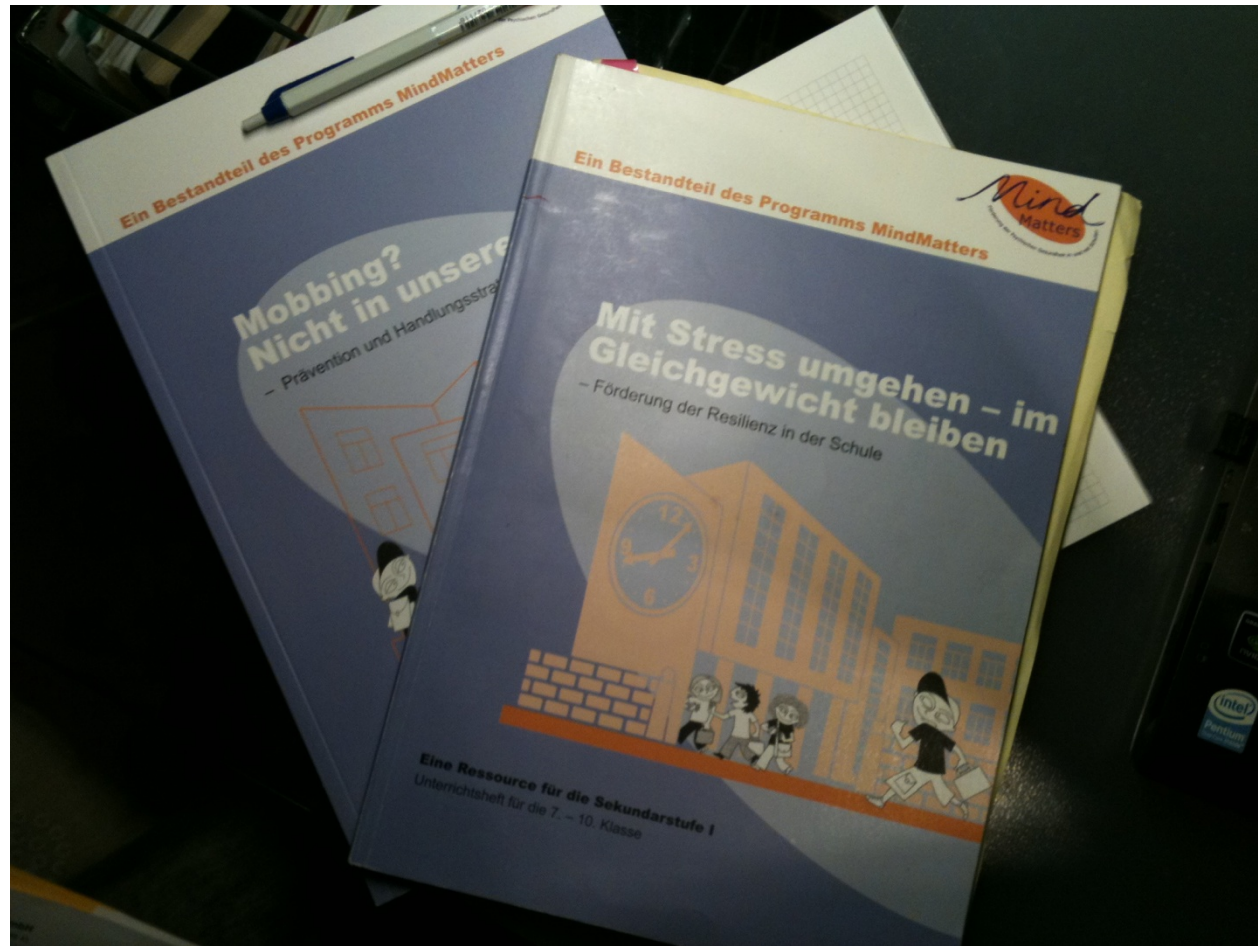
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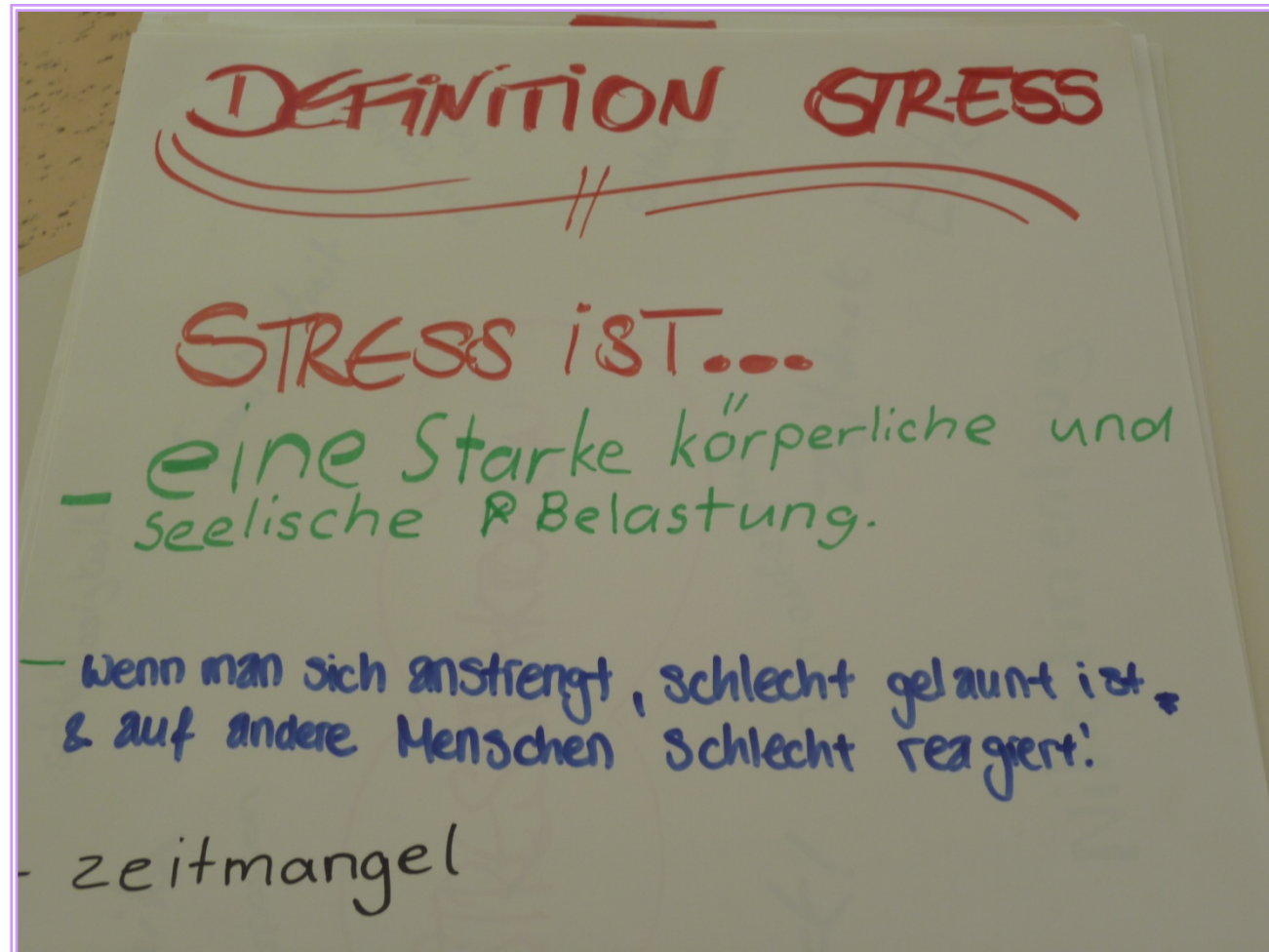
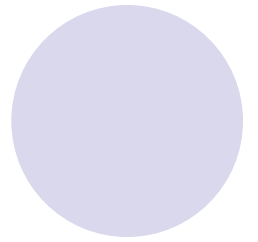
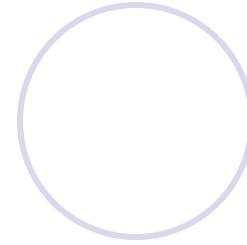
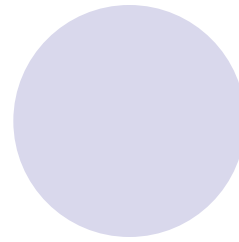
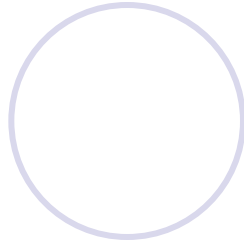
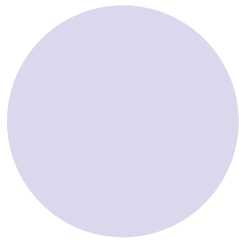
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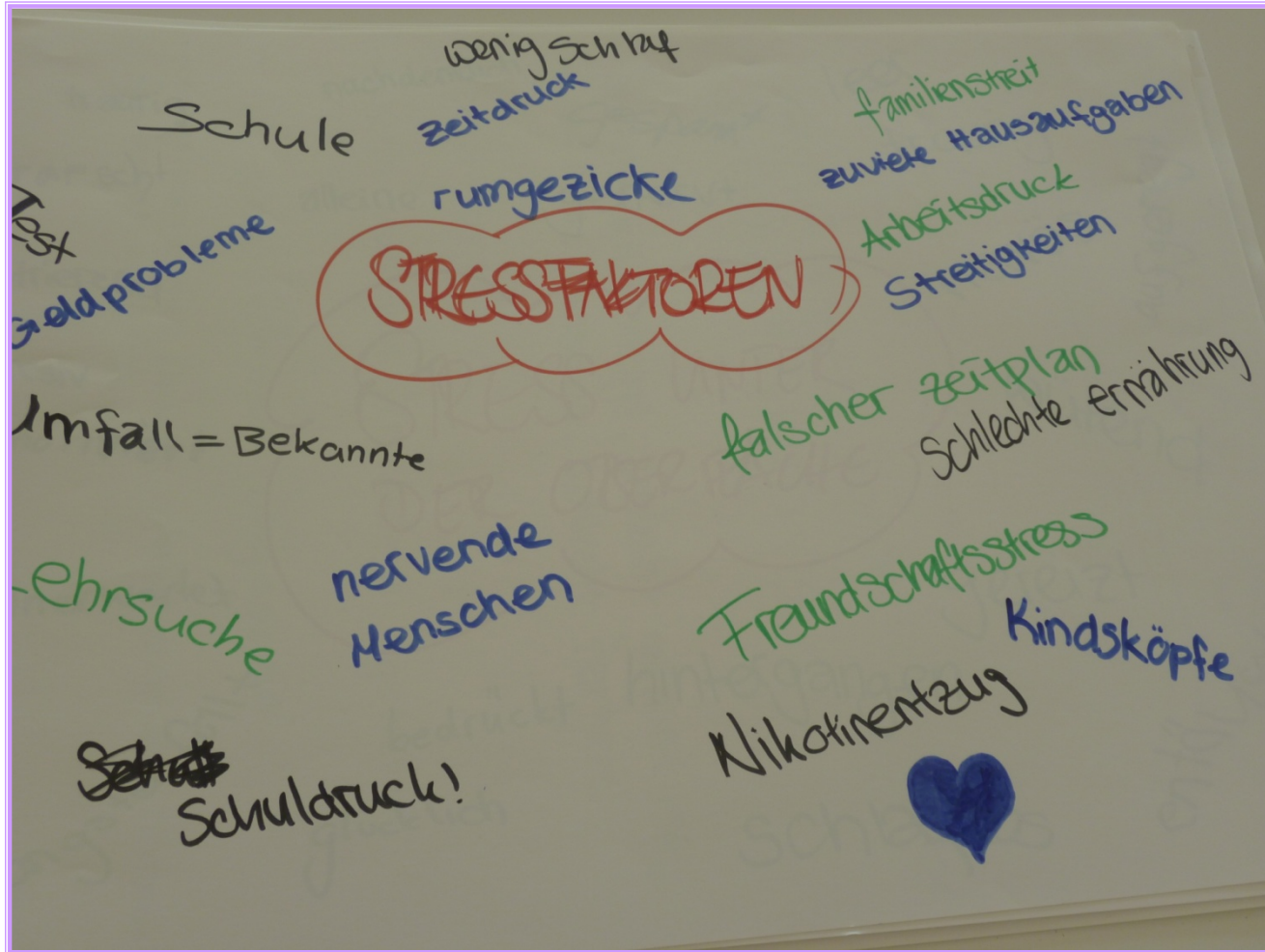
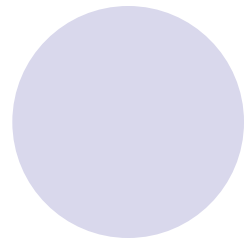
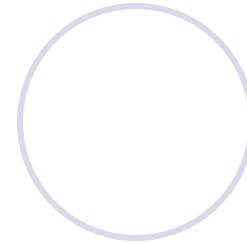
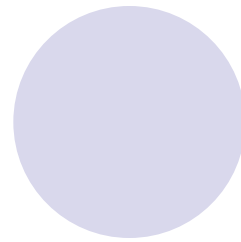
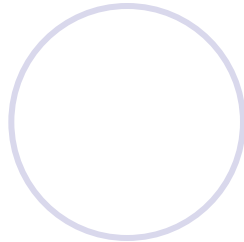
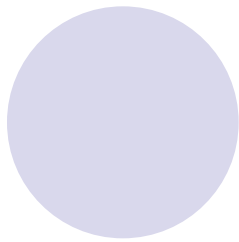


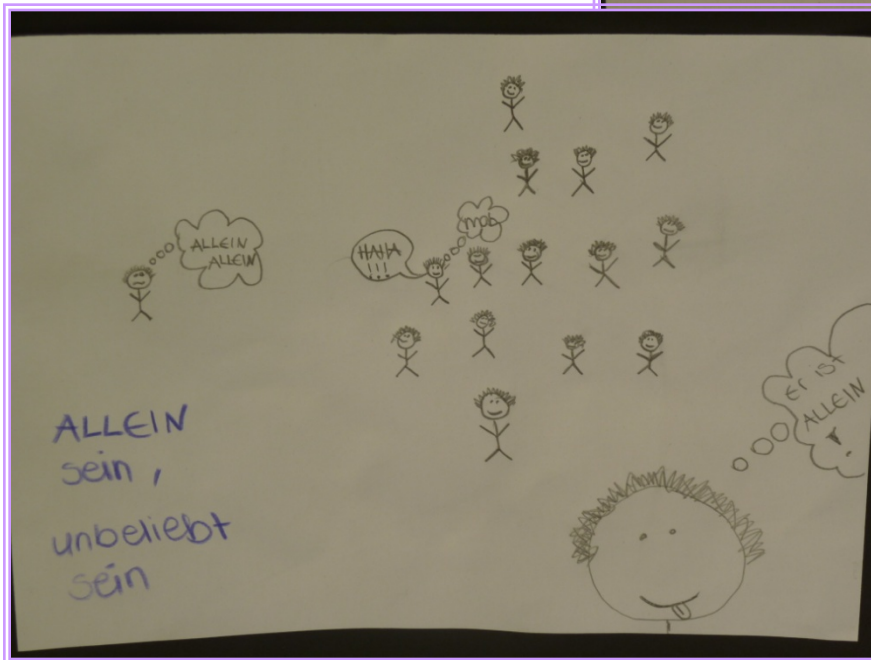
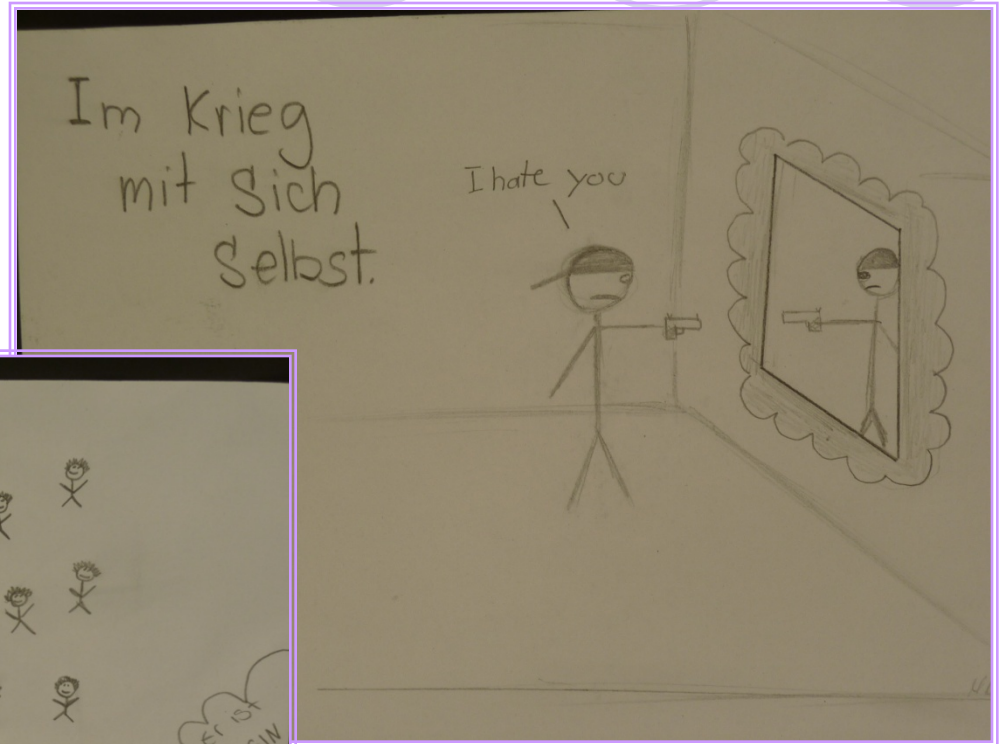
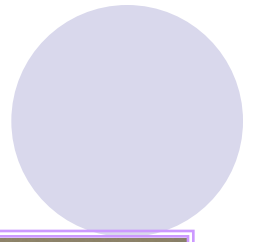
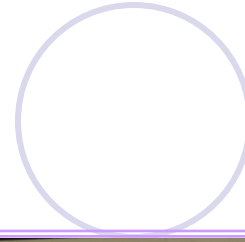
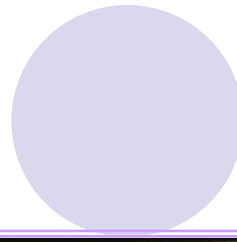
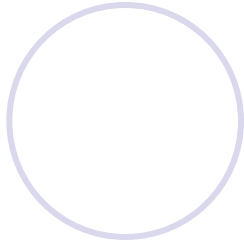
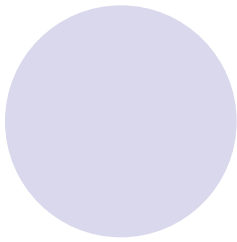
Wie kam MindMatters nach Diegten?

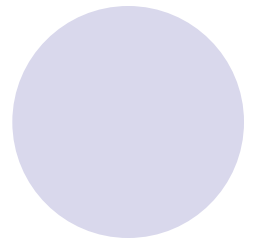
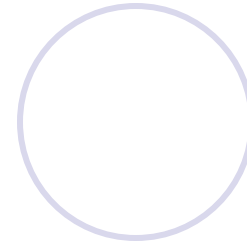
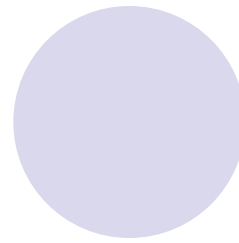
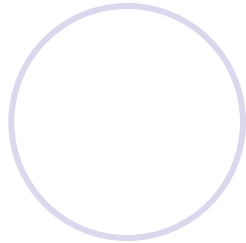
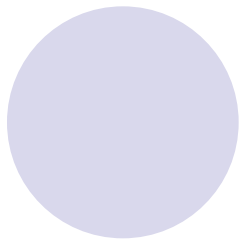








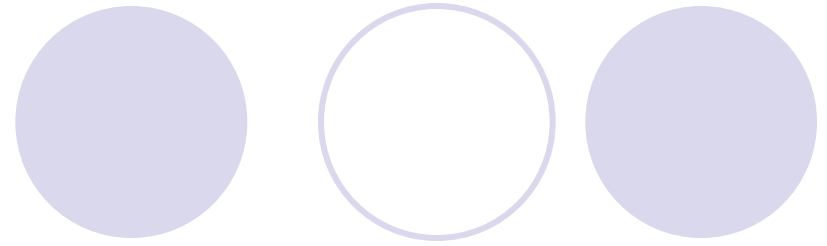
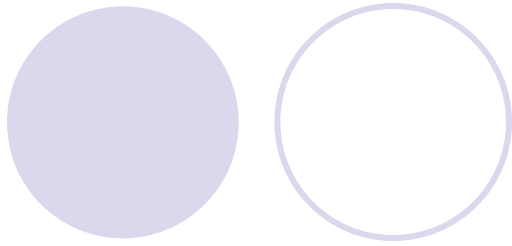






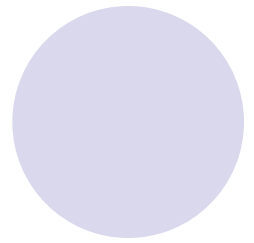
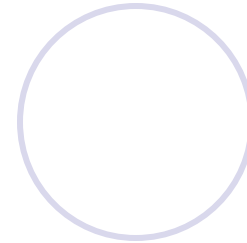
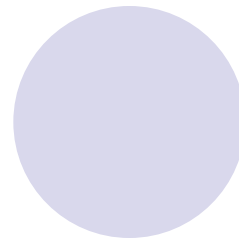
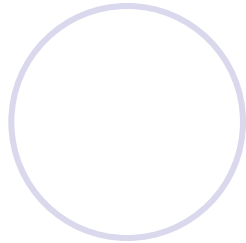
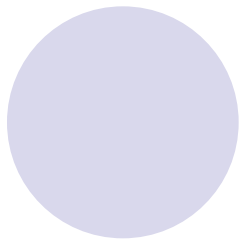
Coping – Strategien*

* (von englisch *to cope with*, „bewältigen, überwinden“) bezeichnet die Art des Umgangs mit einem als bedeutsam und schwierig empfundenen Lebensereignis oder einer Lebensphase



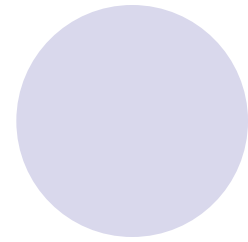
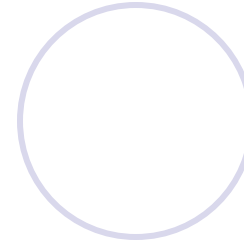
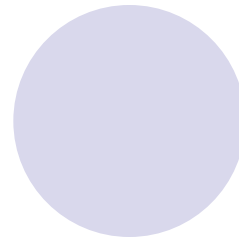
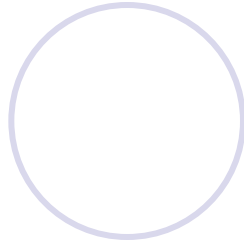
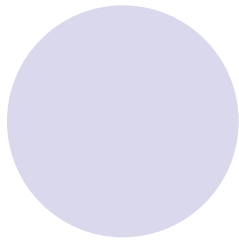
... was Mädchen über sich und Jungen denken ...

Mädchen	Jungen
<ul style="list-style-type: none">● „zicken“● „Gespräche“ suchen● ablenken● einkaufen	<ul style="list-style-type: none">● provozieren● weglaufen● saufen● „schlucken runter“



... was Jungen über sich und Mädchen denken ...

Jungen	Mädchen
<ul style="list-style-type: none">● laut Musik hören● <u>saufen</u>● „gamen“● cool tun	<ul style="list-style-type: none">● telefonieren● „<u>zicken</u>“● Gefühlsausbrüche● Schoggi mampfen



Krankenkasse bzw. Kostenträger		Musterkasse		Konto-Nr. / Bank		+3456789+	
Name, Vorname des Versicherten		Hannes Mustermann		geb. am		1.2.1999	
Musteralle 123		12345 Musterdorf		Kassen-Nr.		123456	
Versicherung-Nr.		7891011		Status		1000...1	
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Rp. (Bitte Leertaste durchschreiben)				Verpflichtungsstempel			
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Medikament 345, 50 Tabl., 3x tägl 1 Tabl.							
Medikament 689, 20 mg, morgen u. mittags 1 Tabl.							
bbbh		07.06.2008		Abgegeben in der Apotheke		Unterschrift des Arztes	
Bei Arbeitsunfall		Unfallbetrieb oder Arbeitgebernummer				Muster 10 (7/2006)	

