



Frankfurt School

---

**„Stay tuned“  
2nd of June, 2020**



Corinna Wahl

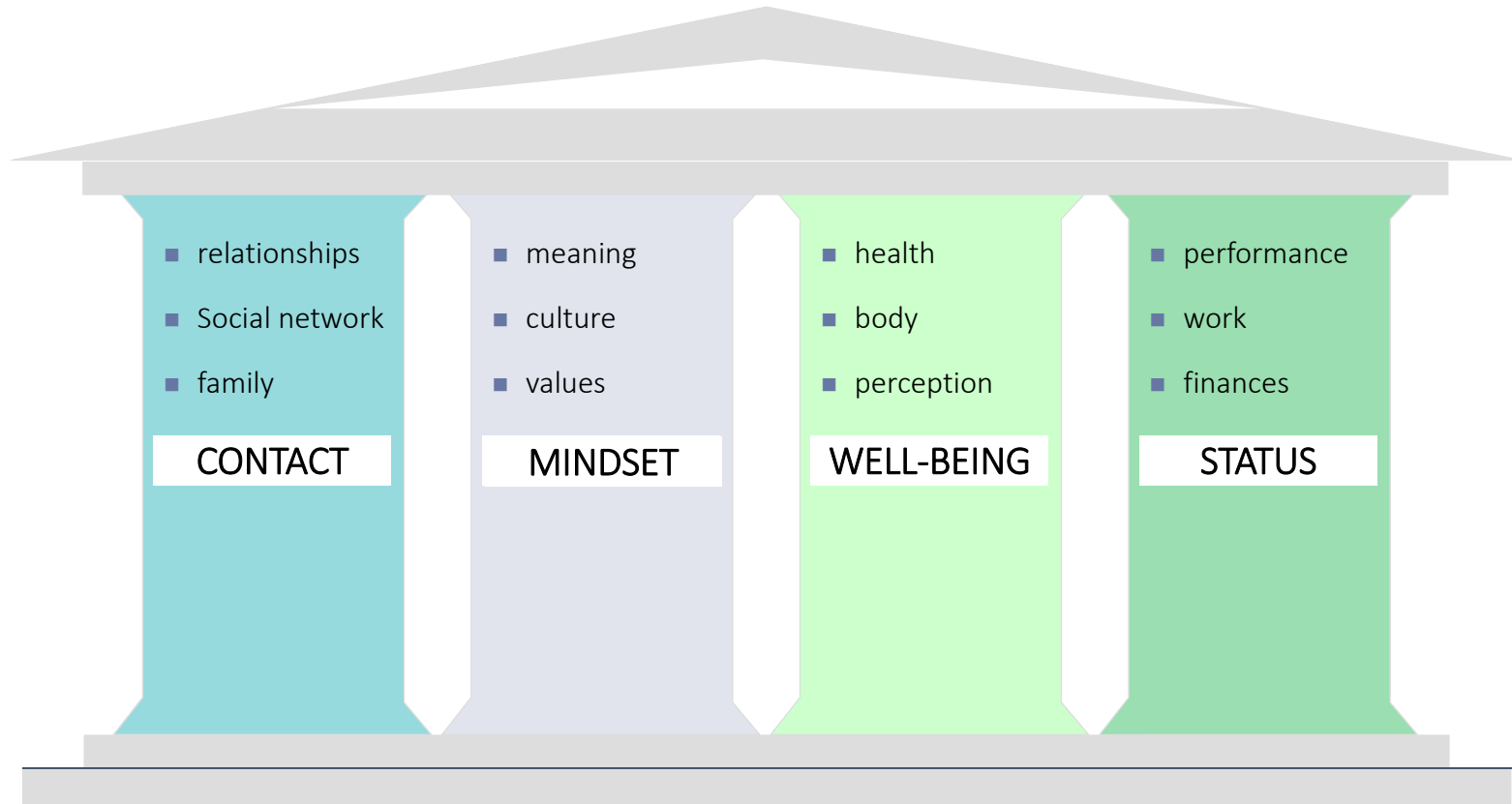
---

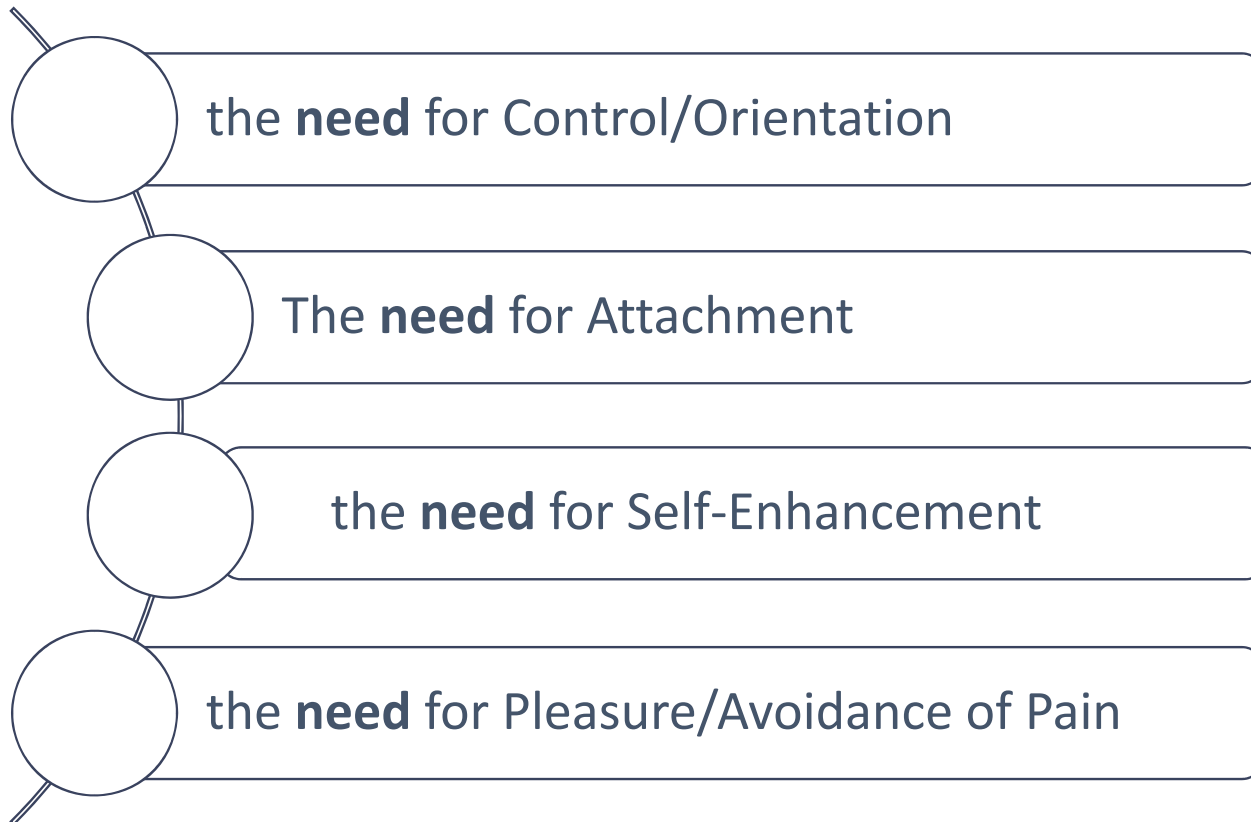
**„HOW SELFCARE MATTERS IN UNCERTAIN TIMES“**



KEY AREAS OF LIFE

---





**Volatility**

**Uncertainty**

**Complexity**

**Ambiguity**

Vision

Understanding

Clarity

Agility

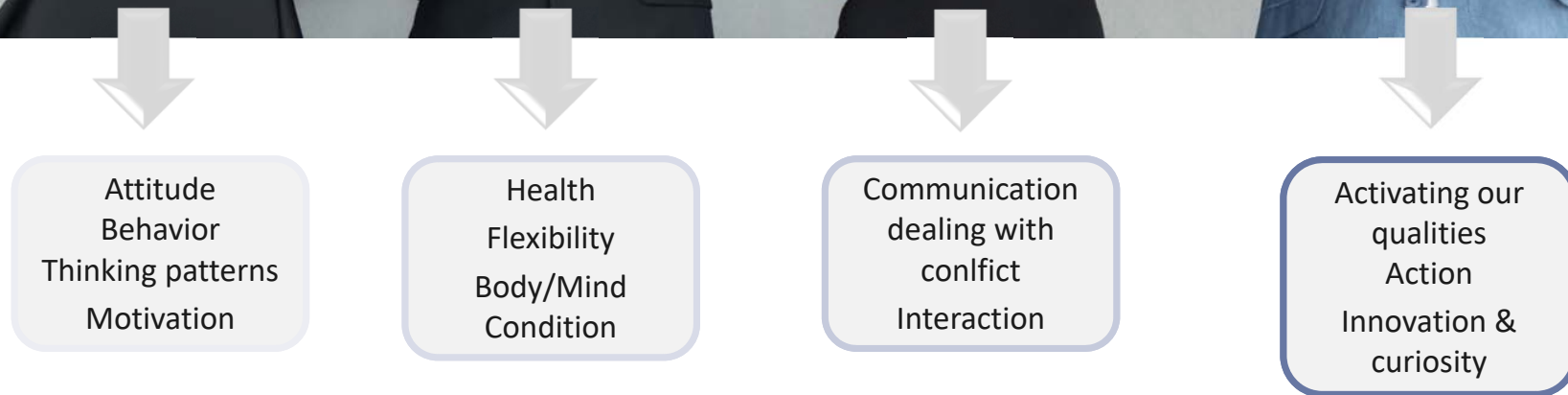
What does that mean on a personal level?

**FOCUS**  
(look for  
orientation)

**CAPABILITY**  
(keep in control)

**STRUCTURE**  
(rely on strength)

**ACCEPTANCE**  
(stay in the  
present)

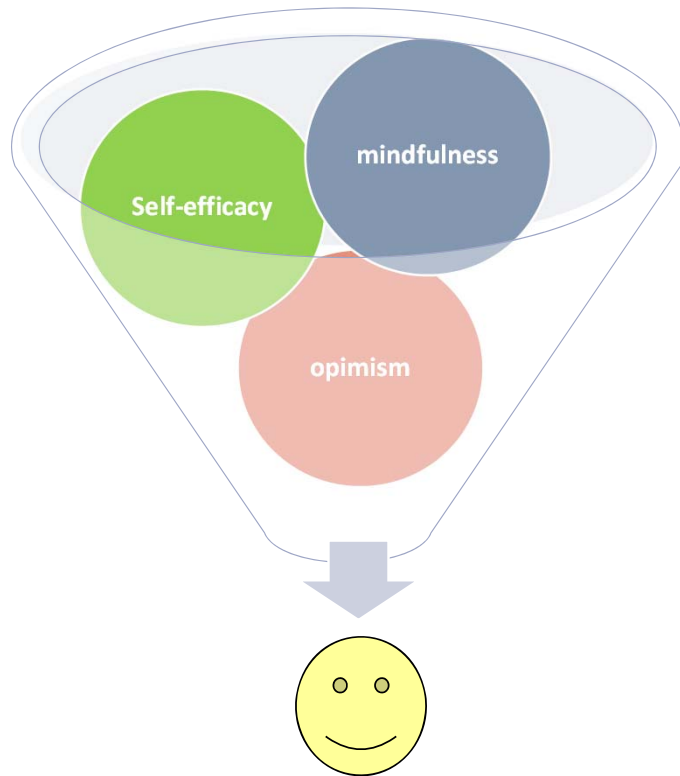


### Resilient people...

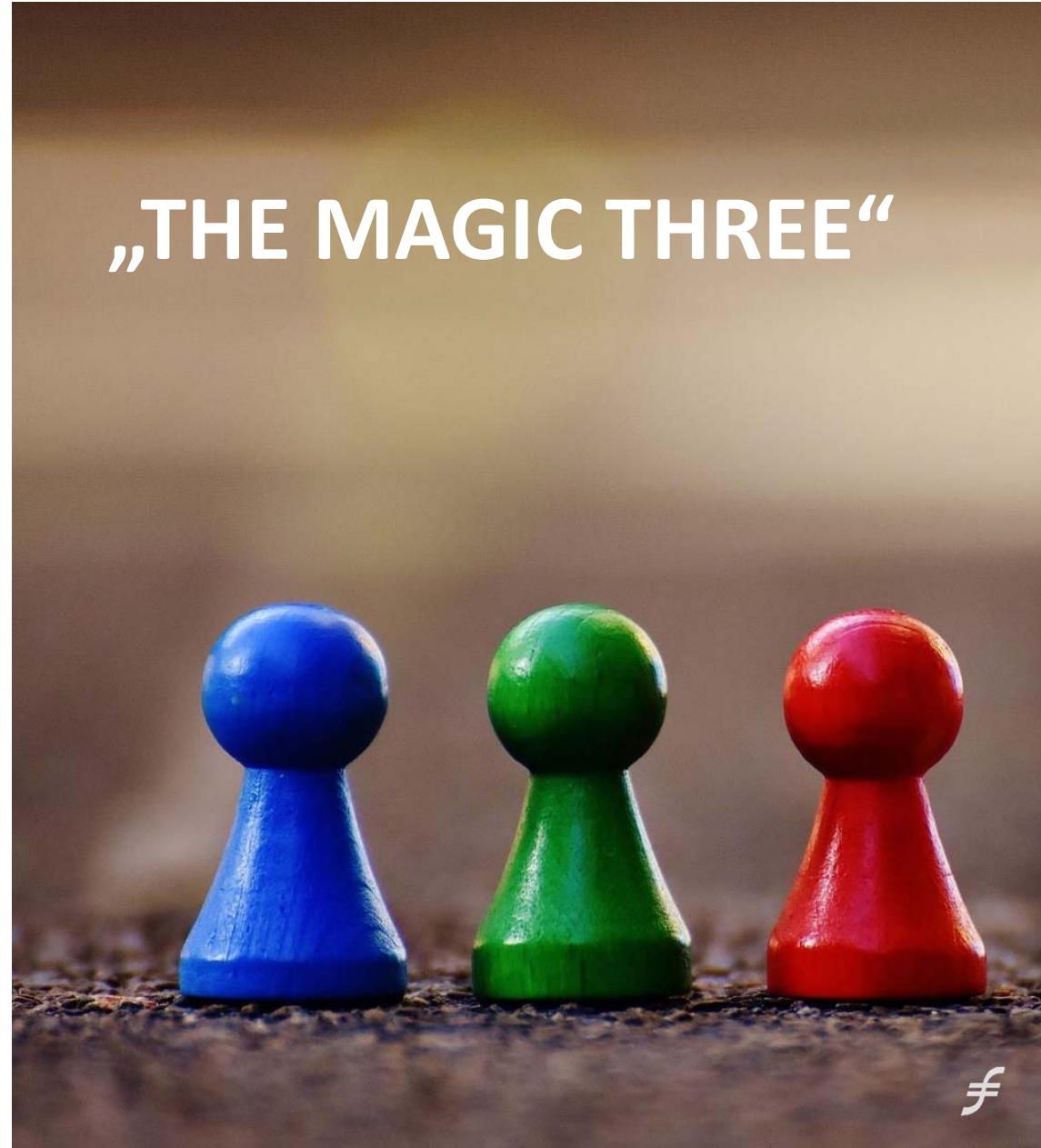
Stay optimistic, accept their situation, plan the future, know how to regulate their emotions,  
Are looking for solutions, solve their problems in teams, believe in their own self-efficacy (...)

## SELFCARE IN UNCERTAIN TIMES

These factors are carrying us through the storm:



# „THE MAGIC THREE“



**„I AM OPEN FOR  
NEW SOLUTIONS!“**



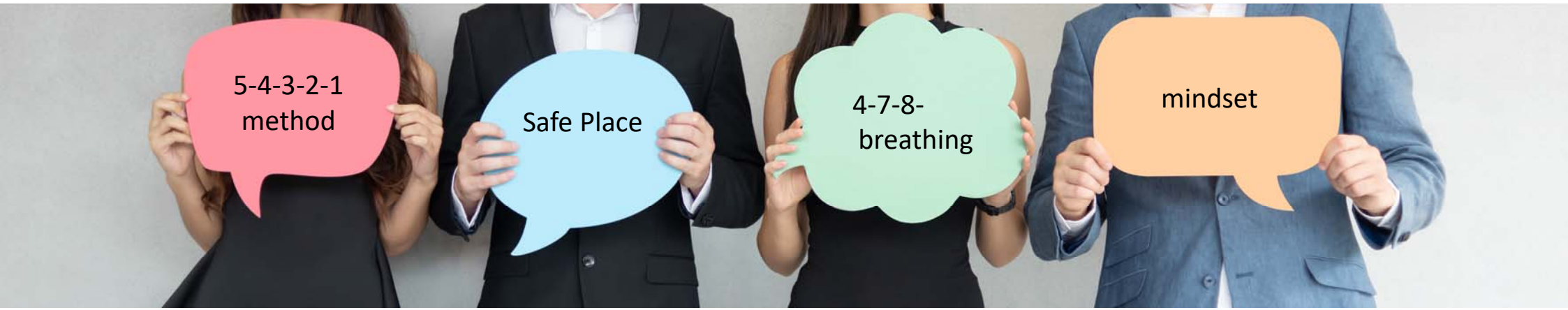
*„I have never done this before –  
that's why it will work“*

Pippi Langstrømpe



## SELF CARE EXERCISES

---



## HOW RESILIENT PEOPLE WORK

---

### Resilient behavior+

- Self-care!
- Believe in your capacities!
- Invest in your social network!
- Develop realistic goals!
- Stop being the victim!
- Take up a longterm perspective!
- Look for solutions!

\* "Road to resilience,, (American Psychological Association)

„Almost every successful person begins with two beliefs: the future can be better than the present, and I have the power to make it so.“  
(David Brooks)

