



FÜRSTENBERG  
INSTITUT

**NEWS**

March | 2021



# Positive Mindset

These strategies will help you  
strengthen your mental stability  
in difficult times



**Children & corona:**  
what can be done  
to heal the soul?



Dear readers,



It is now March 2021 – and we can look back at a whole year of having to live under highly unusual conditions. My 25-year-old daughter said to me recently, “Mama, this time next year I think we will miss some of the things that we have now”. That really got me thinking – particularly as I am longing to be able to return to the freedoms I love and miss so much. However, the way this year turns out for each and every one of us is not just down to political decisions. It is up to us to respond to the restrictions by doing things that are still in our own control. Despite the circumstances, we can still decide to create many magic moments, use our imaginations to develop new ideas, make the most of the time and peace, strengthen our physical and mental immune system, stay friendly and keep smiling. Basically, if we take action and responsibility for ourselves, we will bring more sense into our daily lives. Seek inspiration on how to do this in our newsletter.

I wish you a pleasant read and hope you enjoy finding great ideas and implementing them.

Best regards,

Reinhild Fürstenberg

## Positive Mindset: these strategies will help you strengthen your mental stability in difficult times too



The government’s [Hands-Face-Space](#) initiative explicitly focuses on hygiene in an effort to protect us all from corona. But it is not only physical hygiene and hand-washing that is important these days. Mental hygiene is just as essential – and is a cornerstone of our mental health. Fortunately, it is up to us to do something that benefits our mind. A few practical tips and tools will help you get through your (working) day with greater positivity and calmness.

The months of lockdown – with the contact restrictions, working from home and home-schooling – have left their mark on many of us. According to a [survey](#) of 1,000 employees working from home, a quarter of respondents feel stressed and another 34% feel lonely. A good 40% of remote workers claimed to be tired and lethargic.



**Oliver Schieck,**  
Consultant and expert,  
Fürstenberg Institut

Our experts at the Fürstenberg Institut are increasingly counselling people on topics such as psychological strain, exhaustion and stress. In many of these cases, corona plays a decisive role. The pandemic seems to have left us feeling powerless. "This feeling of impotence can assume an unhappy dynamic", says Oliver Schieck, counsellor at the Fürstenberg Institut. "The good news is that it is in our own power to influence ourselves positively. And that is more important now than ever before."

**Oliver Schieck** recommends a behavioural therapy tool for everyday use:

- You need a small notebook so that you can draw up some simple tables. Lovers of all things digital can use a basic Excel document or a notes app.
- Do a quick stock-take every day – and ask yourself, "How am I?".
- You can do this emotional stock-take in the morning, afternoon or evening – according to your daily rhythm. It is recommended, however, to stick to the same time of day.
- Rate your daily feelings on a scale of 1 to 10. 1 means your daily form is bad, while 10 means that you are full of energy.
- To be able to rate your daily condition, you can ask yourself questions like: "Did I sleep well?", "Is there a pain in my back again?", "Was I in a good mood this morning?".
- Then consider certain activities, special events and omissions from the day, such as: "did a calm yoga session", "went for a walk

in the woods", "called my best friend during the lunch break", "listened to some good music when I finished work", "took a bath". And don't forget: "missed lunch", "answered e-mails until late in the evening", "got angry about the work WhatsApp group".

- Then you can move on swiftly to the analysis: "Why did I feel better on day X? Although I didn't actually sleep all that well? Was it because of that lovely walk in the woods and the cool music I listened to after work?". And the other way around: "Why was one day so bad? Was it really down to the workload? Or the fact that I skipped lunch so I could finish work earlier?"
- When you have found out which activity, however small, had the most positive effect on your well-being, try to integrate it as a ritual into your daily life. And if possible, give less space to the stress factors. You will be surprised at how little you need to change to become stronger and more balanced.

*"Change starts with us as individuals":*

***The Dalai Lama.***

- Keep working at this until it becomes automatic. Most people need two to four weeks.

"These daily assessments will allow you to have a direct influence on your own mental health. And despite any sense of powerlessness you may feel due to the on-going pandemic, you will regain the ability to act for yourself, which is both liberating and empowering", says



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[www.youtube.com/  
watch?v=mBuuSr1  
R1eA&t=8s](https://www.youtube.com/watch?v=mBuuSr1R1eA&t=8s)

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Oliver Schieck. "The panacea here is self-reflection. Give yourself the time to test and benefit from this simple tool!"

Another technique that the Fürstenberg counsellor suggests and can be easily integrated into daily life is this: keep a small diary of gratitude. He also recommends a little book for this and a pen that writes softly. "Give yourself a moment of gratitude in the evenings." Write down the things you are grateful for – the small and the bigger things. "The effectiveness of this doesn't matter if your gratitude refers to a pay rise, a coffee in the sunshine or a good chat with old friends", adds Schieck. This gratitude ritual provides stability – in the same way that other rituals structure our daily lives.

For those who have no interest in such calm rituals, the expert recommends movement. "Movement is the best psychotherapist of all", says Oliver Schieck. When we are in movement, happiness hormones are automatically released, while the stress hormones – adrenaline and cortisol – recede of their own accord. This doesn't have to be a full workout or lengthy jogging session. A long, brisk walk can also achieve the same effect.

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## Seminar

Gesunde Selbstführung – Kernkompetenzen  
für einen guten Umgang mit Wandel  
mit **Oliver Schieck**

**Datum:** **Mittwoch, 21. April 2021, 14:00 - 14:45**

**Anmeldung:** [https://register.gotowebinar.com/  
register/3213340735092178960](https://register.gotowebinar.com/register/3213340735092178960)  
oder über unseren [Kundenlogin](#)

## Children & corona: what can be done to heal the soul?



Much has changed during the corona pandemic. The home has not only suddenly turned into an office, but also become a school, canteen, playground and, occasionally, an arbitration office for new conflicts. And what about having some space for your own peace and quiet? The UKE hospital in Hamburg has released new figures on the quality of life for children and teenagers during the corona crisis. According to its report, almost one in three children have experienced mental health issues. Mothers and fathers attending counselling sessions at the Fürstenberg Institut have also reported a growing double burden of work and child care over the past few weeks and months. This is no easy task, admittedly, but we would still like to offer you some help on how to cope with this situation and enjoy daily life with your children again.

[www.uke.de/kliniken-institute/kliniken/kinder-und-jugendpsychiatrie-psychotherapie-und-psychosomatik/forschung-arbeitsgruppen/child-public-health/forschung/copsy-studie.html](http://www.uke.de/kliniken-institute/kliniken/kinder-und-jugendpsychiatrie-psychotherapie-und-psychosomatik/forschung-arbeitsgruppen/child-public-health/forschung/copsy-studie.html)

There are so many things that we just cannot control at the moment. But what we can control is the way we respond to this crisis and its challenges. We just need to place a bit more trust in ourselves – and also in our children.

When children react to the crisis, their parents are often confused and some of them start to worry. It is important to be aware that it is normal for children to display a wide range of reactions – from a “can’t be bothered” attitude, to regressing to the behaviour of a small child, through to phases of frustration because their playdates with good friends have been cancelled again due to the pandemic. Some children may even show signs of aggressive behaviour at home for the first time. And another thing: mental health issues are not necessarily mental disorders.

In the corona crisis, it is just as important for parents to be as observant as they are at other times. They need not worry or panic straight away if their children react to the general stress situation. Adults react too.

The numerous counselling sessions with the Fürstenberg Institut on topics of raising children and offering them support during the corona crisis have shown that most parents have developed some excellent ideas, have tried all kinds of cool things and, quite simply, done most things “right”. They have been a great help to their children. They have created trust and a solid relationship base, such as when they get their children involved in things or explain to them why their birthday party



**Mareike Fell**  
Consultant and expert,  
Fürstenberg Institut

will be limited to just a few or perhaps even no friends, or why the short holiday with their grandparents has to be cancelled.

“Communication on an equal footing is also the key to success with children. For the most part, children are quick at detecting when their parents are playing down troubling issues or their own worries – such as the death of a family member or the problems resulting from the corona crisis. They know instantly when they are being deceived and this upsets them”, says Fürstenberg counsellor Mareike Fell. For this reason, the expert advises parents to have a real conversation with their children. “You will see that your child will be able to deal very well with the concerns you have regarding the current situation. It is important to give them this message: I hear you and know that these times are getting on your nerves – they’re getting on mine too! But together, we’ll get through them.” This approach gives children a feeling of security and frees parents from having to pretend that everything is alright. It also trains children’s resilience, as parents trust them to overcome a crisis. “A happy life does not mean an absence of crises, but involves dealing with them properly”, adds Fell.

### ZwischenHL: Crises are part of growing up

Resilience is the strength of resistance during crises. It is not something that we can do or be: resilience is the result of what we do and how we think. And the good thing about it is that we can learn it. But to do that, we need real crises. We learn this best of all in our

childhood – with parents who stand by our side in difficult times. The message is: we go through life together, even when things get tough. Let’s be honest – crises are part of growing up, whether this means coping with bad exam results or dealing with lovesickness. There is no point in giving people a false sense of hope. Even during the current pandemic, it makes sense to focus on the positives – such as the experience of the family sticking together.

It is not only resilience that will help your child, however. The experience of self-efficacy will also unload the burden on you in the current situation and contribute to children’s personality development. What can you do exactly? Get your children involved in daily life by giving them important tasks and responsibilities, and allow them to make certain choices despite all the other public restrictions in place. This could even be simple things, based on the age of the child in question. Perhaps your son could choose the jam when out shopping, or your daughter can decide what the family watches on Netflix once a week. Laying the table for dinner – exactly as the children want it – is a great exercise, too. It’s about small moments of freedom that also take the strain off parents. Children feel needed – and effective. And this is one of the strongest tools for overcoming a crisis.

Another factor that helps parents is to be more ‘generous’ in the current crisis than otherwise and to put their desire to be ‘good parents’ on hold. Let the kids have dinner in front of the TV now and then or go to bed later than usual. “Don’t worry – you can return to old struc-



tures at any time. The question will be, however, if you really want to do that”, says Mareike Fell.

To finish off, here comes one final tip for making everyday life with children more fun again: always find the time for dancing, tussling, play-fighting and cuddling. Physical proximity releases oxytocin and helps to reduce the stress hormone cortisol. This is good for children – and their parents.

At this stage, it should also be pointed out that parents should not lose sight of themselves and each other. It is really important for mothers and fathers to enjoy some me-time and be able to focus on their work so that they maintain a good mental balance. After all, a team only works as a unit – and that applies to families too.

## Turning the lunch break into a mini-weekend: you can do it at home too



It's 12.30 and time for lunch! “Not today. I'll save the time and finish work earlier instead”. Does this sound familiar? Studies confirm that many people go without lunch – for all kinds of reasons. Or they eat quickly at their desk – often fast food – and answer their morning e-mails. This trend has intensified during the corona crisis – not least due to closed canteens and restaurants, contact restrictions and especially the working-from-home phenomenon. When working inside your own four walls, it is always tempting to leave the working day behind quickly. And then cooking for yourself every day – bearing health and variety in mind of course – is a further hurdle for many people to overcome. At the same time, the lunch break has the potential to give people a mini-weekend in the middle of their working day. That is good for the health – and for the soul.

These tips will help you to use your lunch break fully and draw new strength – whether at home or in the office.

But – there is always a “but”: “You can’t study on a full stomach” – as they used to say in ancient Rome. They were right too: if we have eaten a large meal, we often feel tired afterwards. When the stomach is busy digesting food, the brain has a lower blood supply than at other times. That would suggest skipping a lunch break altogether, wouldn’t it? “No, it wouldn’t”, says health expert Reinhild Fürstenberg. “A healthy lunch break does not mean that we should fill up our stomachs. It affords us the opportunity to keep a date with ourselves that we can enjoy – the lunch break is an important time for physical, mental and spiritual recovery – and a welcome interruption to what we were doing previously. It allows us to recharge our batteries for the afternoon.”

Lunch breaks are different in length, according to working hours and employers. A good way to divide up the free hour is to follow, for example, **the simple 60-30-10-principle:**

- 60 percent of the lunch break is time for eating
- 30 percent of the lunch break is time for moving
- 10 percent of the lunch break is time for recovery

Make sure you do not create any new forms of stress during this time! Ideally, you should always eat something nutritious and freshly

prepared. The German Nutrition Society provides some useful information on healthy eating habits ([www.dge.de/ernaehrungspraxis/vollwertige-ernaehrung/10-regeln-der-dge/](http://www.dge.de/ernaehrungspraxis/vollwertige-ernaehrung/10-regeln-der-dge/)). But if you find you only have time for a tasty rice pudding on certain days, then just enjoy it too.

Find out what works well for you – trial & error can help. For example, could you integrate a power nap into your breaks to give you the energy you need for the rest of the day? Or, even better, a walk around the block? Even 5 minutes spent reading your favourite magazine can work wonders. How about a quick update with a friend about what has gone well so far in the day so that you can put yourself in a good mood?

Of course, not everyone can reserve the entire lunch break for themselves. When the children are also at the table and want to talk about what they have done, you can forget any thoughts of a quick yoga retreat. But even here, there are ways to make sure that your lunch break does not turn into another to-do list for which you have sole responsibility. “I always recommend getting the children involved too. Even smaller children can help to lay the table, or even do some of the shopping”. Allow older children to take responsibility for a meal once a week. That will take the weight off your shoulders and is good for your children too because it lets them experience some healthy self-efficacy and develop a sense of responsibility.



Sources: <https://www.rnd.de/gesundheit/umfrage-zu-mittagspause-und-desktop-dining-immer-mehr-arbeitnehmer-verzichten-auf-ihre-pause-YCUHHYBID-5GA7DBOTIDJR3UBJQ.html>

By the way, good food can also be quick and doesn't require any special cooking skills. Besides being tasty, there is also another advantage: it strengthens our immune system. The healthier our diet, the more resistant our body becomes to viruses and bacteria. Healthy, nutritious food means: fresh ingredients, plenty of vegetables, greens and variety – always relying on the same super-food can lead to deficiency symptoms. Our top food tip for you is walnuts. They ensure that we produce the happiness hormone serotonin and have the added benefit of reducing cholesterol levels. So why not try them as a topping for your lunch or a snack between meals?

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### Tip:

We have a further suggestion for people who love being well prepared. You could chop up your vegetables over the weekend and keep them fresh in containers. This saves you time in your lunch break so that you enjoy a tasty bowl and also go for a walk. And for everyone seeking inspiration while working from home, we recommend a free app from Berlin known as KptnCook for iOS and Android. The meals are simple and there are three new ones every day – vegetarians can add a filter so that they are only shown meals that would appeal to them too. Our colleagues at the Fürstenberg Institut have tried it out and love it.

[www.kptncook.com/de/index](http://www.kptncook.com/de/index)

Did you know that...



## clearing your throat stresses your voice?

The meeting is about to start and you've got a frog in your throat again. Clear your throat properly and then you'll be ready. That sounds like a quick and practical solution – and yes, your voice often sounds free again after clearing your throat. As so often, however, it's how you do it that counts.

Do you only clear your throat rarely? That will not damage your voice. On the other hand, clearing your throat daily or even several times a day is unhealthy because it stresses the vocal folds just as much as talking for half an hour without interruption.

A better first-aid measure against a frog in the throat would be a glass of water or swallowing several times consecutively. Gentle coughing is also much better for the voice than clearing your throat.

## Stage fright: how to manage a fear of speaking in public and nervousness



Teaser: Sweating hands, a faster pulse rate and the fear of having a blackout. Many people at work have experienced moments of stage fright. Sometimes, feelings of nervousness appear spontaneously – mostly just ahead of especially important presentations or when something out of the ordinary awaits, such as a conference using a new virtual tool. The good news is that there are strategies for overcoming stage fright – as can be seen in a case from the Fürstenberg Institut’s employee assistance program.

Ms G. is 35 years old. Three months ago, she was transferred from an administrative position to public relations work. She wanted to make the most of this career opportunity, but now has to attend meetings on topics she is not yet familiar with and hold presentations. She sud-

*\*This case has been anonymised with the consent of the person concerned.*

denly gets stage fright whenever she has to speak in front a group of people: she blushes, trembles, her heart races, she loses the thread and has sleep problems several nights in advance. She feels helpless and that she has no control over these feelings. Ms G. becomes increasingly fearful of going to work. Her blood pressure gets higher and she experiences sudden feelings of dizziness. At work, she tries to hide her difficulties but this absorbs a great deal of her energy. She is unfocused, irritable, forgetful, less effective and therefore needs to do overtime to catch up on her work. Her co-workers think of their “new colleague” as a withdrawn, insecure person and keep their distance from her.

Ms G. has ended up in a vicious circle from which she alone cannot free herself. She gets in touch with the EAP service at the Fürstenberg Institut. During the first counselling session, the counsellor explains a few key facts relating to nervousness at work – just becoming aware of these details can make people feel more secure and relaxed. Stage fright is a form of “social phobia”, which is a sub-group of social anxiety disorder that occurs sporadically and does not require treatment to begin with.

Basically, stage fright is a great trick that the body plays on us in order to prepare for a (supposed) risk and it triggers the corresponding stress symptoms: the adrenal glands release adrenaline and noradrenaline, which make us more productive, more agile, faster and more focused, and also prepares us to go into battle or take flight! It can get us ready for the upcoming presentation too.



A need to act arises if stage fright no longer pushes us forward, but makes us feel paralysed by the fear that lies behind it. This is the case if stage fright leads to mental blocks, which can be seen in Ms G's symptoms of helplessness and impotence, her blackouts when talking and the resulting fear of fear itself.

In further discussions, Ms G. is asked to realistically assess the risk of embarrassing herself or making mistakes. What cannot be separated from this is Ms G's fear of being exposed to other people's – strangers' – evaluations, particularly as the new member of the team. How will they react to me? Will they judge me badly? Or make fun of my efforts? Identifying and processing the mental triggers that underlie stage fright is just as important as working on managing the physical stress symptoms associated with the feelings of being flustered.

Ms G. is given a handful of practical tips on stress reduction. She is asked to visualise a speaking situation that works really well. She also spends the next meetings with her counsellor working on perceiving the physical symptoms of stage fright, such as shortness of breath, as sensible – and on countering them by breathing deeply.

She also gets a to-do list as homework, as well as an observation task: once a day, she has to visualise what it's like to speak successfully and look for a small object that reminds her of that and can help her out in stressful situations.

Ms G. is delighted. She is so happy that she can do something about her stage fright and is no longer a victim of it. She also likes the tools she uses: she knows that she will wear the scarf her grandmother gave her, as her grandmother always believed in her and gave her a feeling of safety and warmth.

At the end of every meeting, the counsellor always asks how Ms G. feels when she is about to leave. "I feel free!", comes the answer. It sounds amazing, but she is now looking forward to applying her new knowledge at the next press conference. She is also looking forward to the next counselling session to make even further progress in the topics she discusses and to feel more confident.

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## Competition:

We are holding a draw for 3 copies of the book **"Lampenfieber: Soforthilfe bei Nervosität, Blackout & Co."** (Stage fright: instant help with nervousness, blackouts and more) by **Monika Matschnig**.

Send us an e-mail to: [marketing@fuerstenberg-institut.de](mailto:marketing@fuerstenberg-institut.de)

The closing date for entries is March 31, 2021

The winners will be notified



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### Tips against stage fright at work

- Think of some successful situations and visualise them in your mind's eye, rather than recalling the failures.
- Practice deep respiration: breathe out slowly – stop – breathe in – stop.
- If possible, go for a run before your important appointment or on the same morning. This will give you a cortisol boost. Any other sport or a brisk walk at lunchtime will also suffice. The uniform motion when jogging is ideal, however.
- Take any chance you get to practice! Routines will make you feel calmer and more confident. Friends or colleagues can also help you by offering some feedback.
- Seek out help if you cannot cope with your stage fright by yourself! There is a broad combination of self-reflective and mental processes together with physical techniques like breathing and relaxation exercises that you can learn during counselling at the Fürstenberg Institut.

### Do you struggle with stage fright at work?

Arrange a counselling appointment

[www.fuerstenberg-institut.com/customer-login.html](http://www.fuerstenberg-institut.com/customer-login.html)

## Good News for Kids: Children's rights and child sick pay



As good news is quite rare at the moment, we are particularly pleased with this draft law: the coalition government is planning to incorporate children's rights into the constitution. This will highlight the special importance of children and their rights in our society. First of all, however, the bill must be passed by a two-thirds majority in both houses of the German Parliament.

In addition, parents rushing between work and child care, resulting from the continued restrictions in place at schools and nurseries, will be given further possibilities for support. From now on, they can benefit from the extended legal regulation for child sick pay.



**Annika Penner,**  
Consultant and expert,  
Fürstenberg Institut  
Work-Life-Service

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### Children's rights in the Basic Law

Children's rights are to be specifically enshrined in Germany's Basic Law in order to underline the special importance of children and their rights in our society. The CDU/CSU and the SPD agreed on this in their coalition agreement and, after years of negotiations, have now arrived at a legal formulation. However, a two-thirds majority is still required before the constitution can be changed.

This topic is nothing new and has been on the agenda since Germany ratified the UN Convention on the Rights of the Child in 1992. Even if no decision has been taken yet, we are still much further down the road than ever before. In this sense, all state decisions must consider the best interests of children as the "primary consideration".

Article 6 (2) of the Basic Law is to be extended to include the following: "The constitutional rights of children, including their right to develop as responsible individuals, must be respected and protected. Children's best interests must be taken into account in an appropriate manner. The constitutional entitlement of children to a fair hearing in front of the law must be ensured. The primary responsibility of parents shall remain unaffected."

The proposal by the CDU/CSU and the SPD is controversial, however, as some people think the bill goes too far. Others think it doesn't go far enough – believing that the formulation of taking children's best interests into account "appropriately" does not keep up with the UN Convention on the Rights of the Child. Whether children's best interests are taken into account "appropriately" or "primarily" can actually make a significant difference because this decides whose interests are given how much weight. It remains to be seen if the amendment to the constitution really will change the reality of children's lives.

Regardless of all the necessary discussions and justified anger about political delays, this bill certainly has a positive aspect. It shows how important children are to society. Child care is one of the core issues in society – the dramas caused by corona have proven this once and for all. Whether or not the nurseries are open or schoolchildren (can) go to school or be taught online concerns almost everyone – not only people who have children of their own.



## Expanding child sick pay during the corona crisis

Parents of children in need of care can now claim twice as many days on child sick pay as before. An important condition for this is that no one else lives in the household who could look after the child, such as an unemployed parent or a grandparent.

Accordingly, each parent is now entitled to 20 days per child during the corona pandemic, which adds up to 40 days for couples per child this year. Single parents are entitled to the entire amount of 40 days per child. Parents of two children can claim a maximum of 80 days. During this time, employers can claim 70% of their gross salary and a maximum of 90% of their net salary from their health insurance company.

This extension applies to the end of 2021 and can be backdated to 5 January 2021. However, it is only for children up to the age of 12, although there are no age restrictions for children with disabilities.

The original purpose of child sick pay is to enable working parents to receive compensation for their loss of income due to caring for their sick children at home. The updated application of this rule during the corona crisis serves to support and relieve the double burden on parents who are having to work and look after their children from home.

Another new aspect is that parents are not only entitled to make claims in the event of their children falling ill, but also if they have to care for their children at home due to the pandemic-related closure of nurseries and schools. For this purpose, §45 of the German Social Code (SGB), Book V, which governs child sick pay for legally insured people, was updated by a new paragraph numbered 2a. Parents who are privately insured or are entitled to allowances have to assert their claim as per §56 of the German Infection Protection Act (IfSG).

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**You can find all the details here:**

[www.fuerstenberg-institut.de/kundenlogin/work-life-service/kin-der-familie-und-elternschaft.html](http://www.fuerstenberg-institut.de/kundenlogin/work-life-service/kin-der-familie-und-elternschaft.html)





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