



High time to arrive at yourself

Research Project: Stress Management - ABSR Online Courses

Eight weeks to escape the hectic life of our time. Get to know short effective exercises and incorporate them into your life.

Holistic approach: Everyday exercises, contemplation, movement.

Process-oriented: Exchange in the group, facilitated meetings.

Effort: Nine online meetings of 1:15h duration 1x a week
15 minutes daily practice plus 5 minutes reflection

Leaders: Dr med Harald Haas and Theodor Hundhammer

Execution: Certified ABSR course leaders and practitioners

Research: Institute for Complementary and Integrative Medicine
of the University of Bern

Participation: People in need of stress reduction and personal strengthening and people with a high stress level at work.

Start: Depending on your course around 30 September 2023

Cost: Between 80 and 225 Euros, depending on
the situation, sponsored seats available.

Information and registration:

www.absr.international

Invitation to the research project: Stress Management with ABSR Online Courses

Target group: People who generally need stress reduction and personal strengthening and people exposed to high stress levels at work.

Method: Holistic and process-oriented. Everyday exercises, contemplation, movement. Exchange in the group, facilitated meetings.

Lead: Dr. med. H. Haas and T. Hundhammer, ABSR course instructors and practitioners.

Research: How does the therapeutic application of Rudolf Steiner's lecture "Overcoming Nervousness" through Activity-based Stress Reduction (ABSR) change stress levels and affect participant satisfaction? How does the performance of the course instructors influence the outcome?

Researcher: The evaluation is carried out by the Institute for Complementary and Integrative Medicine IKIM at the University of Bern using four questionnaires at the beginning, in the middle, at the end and 8 weeks after the course.



Theoretical basis:

As early as 1912, Rudolf Steiner developed seven easy-to-use and highly effective exercises for stress management in a lecture entitled "Overcoming Nervousness". The exercises activate health forces, provide balance and enable us to cope with the demands of life:

Seven amplifiers of stress factors

Forgetfulness
Jumpiness and anxiety
Self-doubt and over-concern
Restlessness and loss of control
Dependency
Compulsion and indecision
Circling or compulsive thoughts

playfully transformed and dissolved by:

Conscious misplacement of objects
Changing handwriting in a playful way
Thinking texts and circumstances in reverses order
Changing habits in a playful way
Temporarily refraining from small wishes
Practicing decision-making with the heart
Refraining from criticism and self-criticism

The practical exercises are supplemented with simple movement exercises that illustrate the topic, make it accessible to the senses and enhance the effect of the exercises.

"It's not always the right thing to say that if someone is sick, you should send them to the pharmacy, where they will find the right medicine they need. – The right thing to do will be to arrange the whole of life in such a way that people are less affected by diseases at all or that the diseases are less oppressive."
(Rudolf Steiner, Overcoming Nervousness, <https://rsarchive.org>.)

We are still looking for participants.

Participate in the research at half price and draw full benefit from the course. Help to investigate and further improve the effectiveness of ABSR courses for sustainable stress management.

Effort: Nine online meetings of 1:15h duration 1x/week
15 minutes of daily practice plus 5 minutes of reflection
Start: Depending on your course, around September 30, 2023
Costs: Between 80 and 225 Euros, depending on the situation.
Sponsored seats are available in limited numbers.

For more information and to register, please visit: www.absr.international

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