

HEALTHY & MINDFUL IN EVERYDAY LIFE

Prevention Day for Trainees

Recognize Risks. Make Informed Choices. Stay Healthy.

1 SUBSTANCES & RISKS

- Understanding alcohol, nicotine, and other substances
- Assessing risks and potential health effects
- Recognizing early warning signs

2 DIGITAL MEDIA & GAMING

- Reflecting on leisure activities and media use
- Managing time, attention, and habits
- Recognizing the risks of gaming and digital consumption

3 SOCIAL MEDIA & ONLINE DYNAMICS

- Understanding likes, feeds, and algorithms
- Recognizing social comparison, self-image, and social dynamics
- Dealing with constant connectivity and digital overload

4 HEALTH & BALANCE

- Strengthening sleep, recovery, and concentration
- Finding a balance between digital and offline activities
- Understanding how habits affect wellbeing and performance

5 RECOGNIZING WARNING SIGNS

- Recognizing changes in behaviour at an early stage
- Distinguishing problematic developments from everyday habits
- Understanding and appropriately assessing warning signs in yourself and others

6 DEVELOPING STRATEGIES FOR ACTION

- Strengthening personal boundaries and individual resources
- Developing practical strategies for challenging situations
- Learning about support services and points of contact

Interested? Contact us.