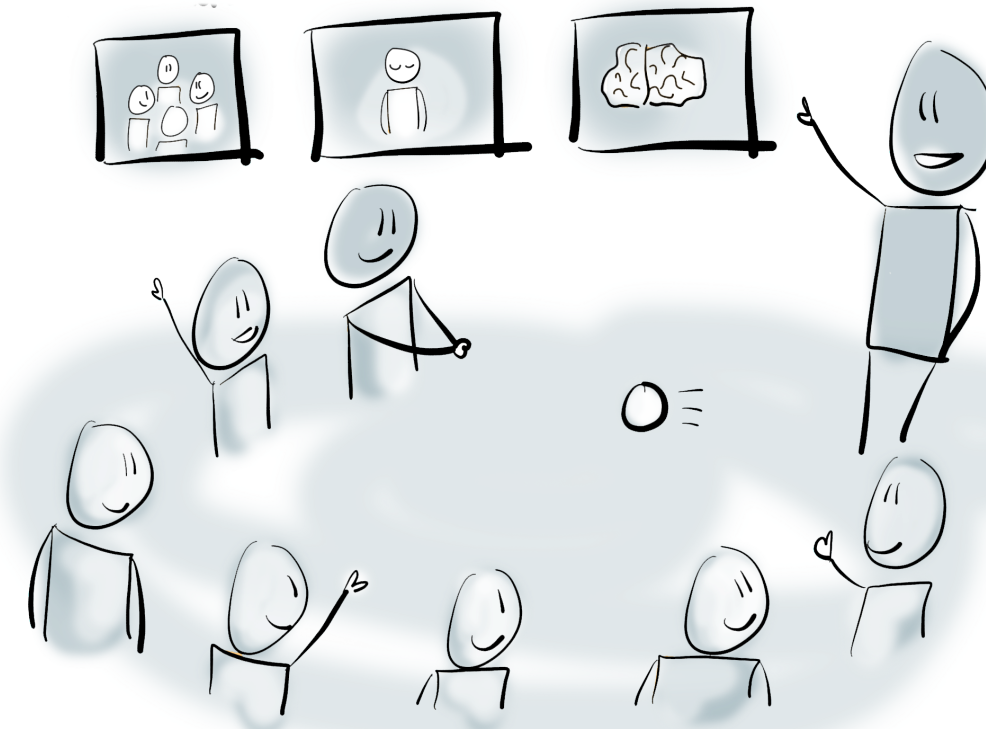


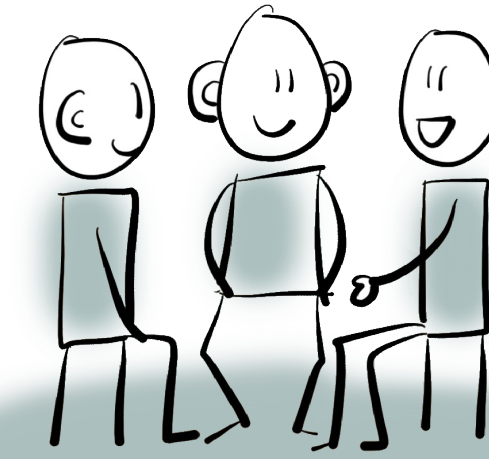
Opsamling



9

1

Introduktion
Hvad er Indre Styrke?



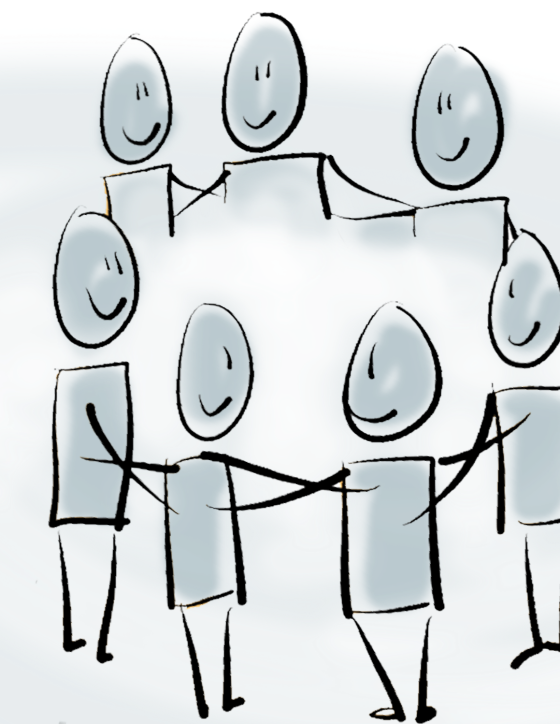
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Fokus &
opmærksomhed



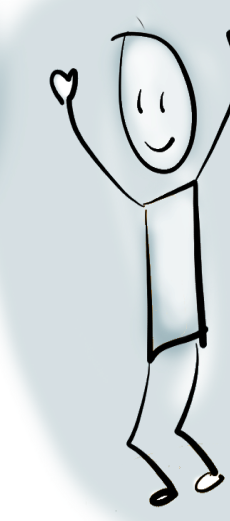
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Fællesskab



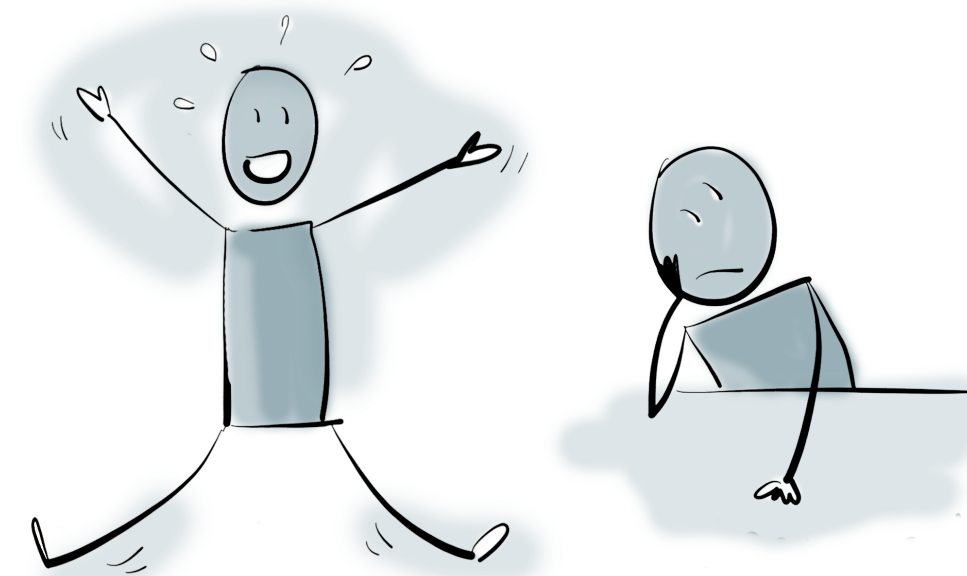
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Hvad gør mig glad?



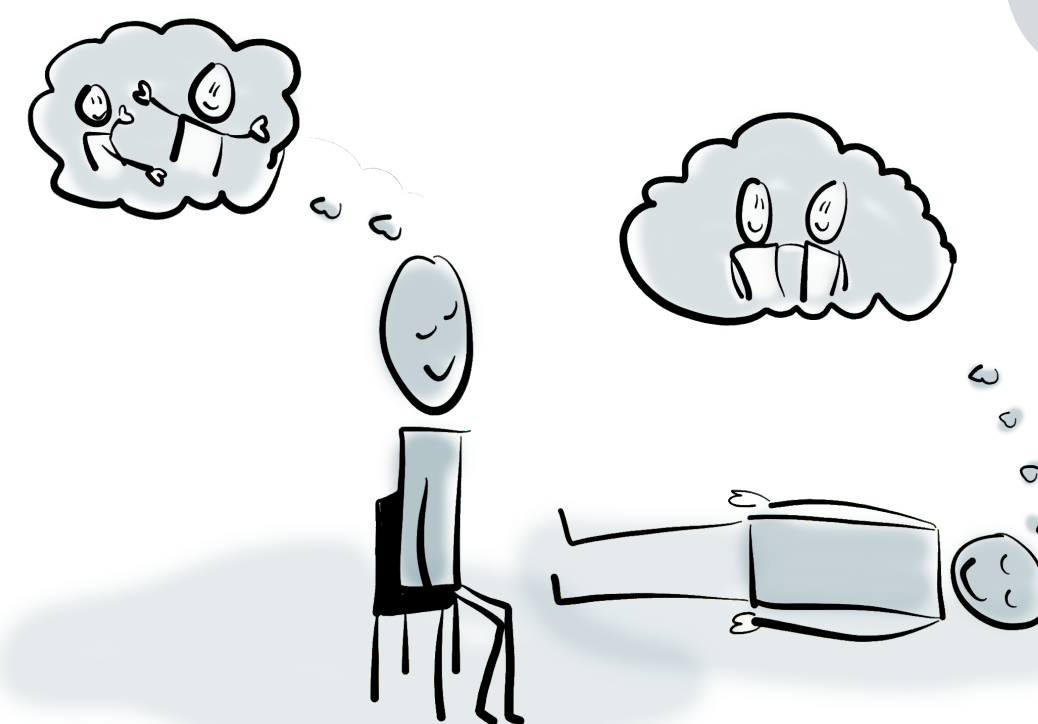
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Uro & kedsomhed



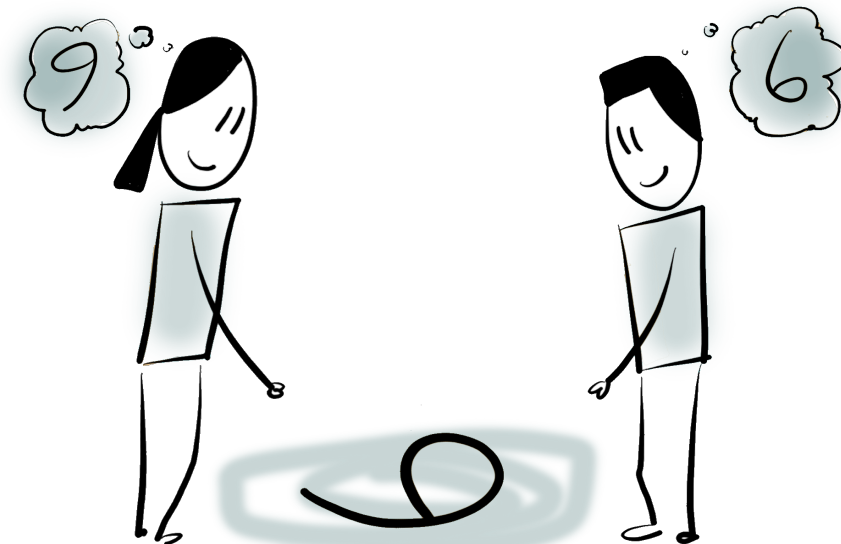
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Empati & nysgerrighed



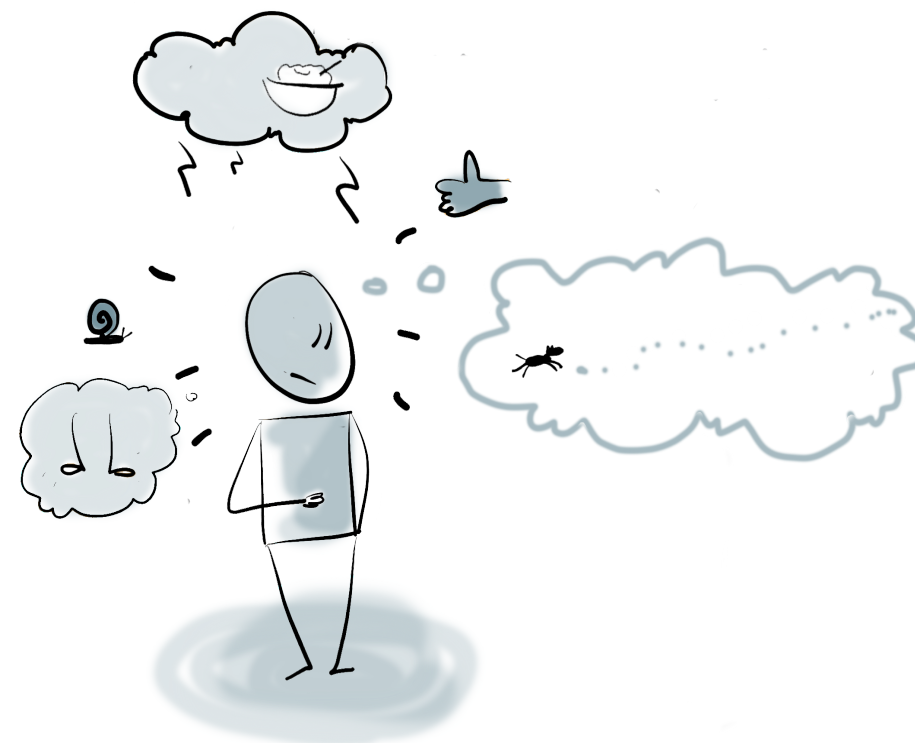
7

Konflikter



8

Tanker kan gøre
tingene værre



INDRE STYRKE

MELLEMTRIN

Hvordan kan vi være os selv
sammen med andre?

- Hvile i sig selv
- Fokuserer opmærksomheden
- Have empati for andre