Anti-stress display

Every day we use screens, images, and displays of one sort or another. We watch a film, work on a computer file, or we look through our holiday snapshots, surf on the Internet or chat with friends.

Use your smartphone display, your laptop or tablet screen a little more actively in a way that supports your everyday self-care!

Maybe you already have the photo of a loved one as your screensaver. If so, make sure it's a recent one, or look for a peaceful landscape photo from the last time you took a walk, or a surging wave from your last trip to the seaside – and ban all widgets and apps to a second page. Use your lock screen or an extra page on your display if that's possible on your smartphone – that way you can have a photo that reminds you of something positive available at all times. Looking at it every now and again will calm you, make you feel happy, give you strength just as you need it day for day.
Download a short film, a small slapstick sketch without speech, a short video slowly panning a beautiful garden, or the last great goal scored by your favourite football team. This can also help to take a short break if you find yourself in tense a situation with someone you are currently working with. You can also use it to initiate contact with them, to get a conversation going. To do this, put together a digital folder containing pleasant memories, interesting places, and joyful moments – but make sure the images you choose are not too private or personal. Firstly, because you want to initiate conversation, but not reveal everything about yourself right at the beginning. And secondly, so as not to remind the person you're talking to of the losses they may have faced in their family, home, or country of origin.

Create a digital folder you might call "rubbish" or "to pack away and recycle later". Create a file every day or whenever it is important to do so and, using just keywords or short descriptions, write everything in it you no longer want to have today: stress with your boss, unpleasant things you have heard, a client who flipped out ... and then place this file in the folder.

But also create a folder titled "pleasant encounters and memories". Every evening, put everything in it you might otherwise forget again (make a list that you can add to every day). For example, the dandelion given to you by a child, a woman whose smile was able to stop a flashback for the first time, the word "thank-you" that you can now say in Farsi.

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