

Intervention Modules

Session	Name	Content	
1	<i>Introduction</i>	Psychoeducation, information about stress and preview of subsequent sessions	
2	<i>Problem Solving</i>	Stress management strategies, systematic problem solving using a 6-step individualized problem solving heuristic	
3	<i>Muscle- and Breath Relaxation</i>	Recap and modification of the problem solving heuristic, information on basic principles of muscle and breath relaxation, audio exercises for daily usage	
4	<i>Mindfulness</i>	Recap of muscle- and breath relaxation and addition of <i>detached mindfulness</i> components into the routine, metacognitive strategies for dealing with self-criticism	
5	<i>Acceptance and Tolerance</i>	Recap of metacognitive strategies, dealing with unsolvable problems, psychoeducation on and exercises for acceptance and tolerance of unpleasant emotions	
6	<i>Self-Compassion</i>	Fostering self-compassion in precarious situations, defusion of self-worth and performance, writing a self-compassionate letter, cognitive restructuring to overcome dysfunctional perfectionistic thought-action patterns	
7	<i>My Master Plan</i>	Recognizing physical warning signs, recap of coping strategies for solvable and unsolvable stressors, creating a plan for the future	
8	<i>Booster Session</i>	Further information on self-help and psychotherapy, evaluation of training transfer, recap of all sessions, repetition of previous exercises, finding future directions for development	
2-7	<i>Elective Modules</i>	<i>Social support</i>	Communication styles, receiving and providing support
		<i>Rumination and worrying</i>	Reflection on positive and negative aspects of worry, coping with uncertainty
		<i>Time management</i>	Effective time scheduling, common planning fallacies, learning to prioritize
		<i>procrastination</i>	Identifying situations in which procrastination occurs, strategies to reduce procrastination
		<i>Test anxiety</i>	Effective studying techniques, using paradoxical intentions, de-catastrophizing blackouts
		<i>Sleep</i>	Sleep restriction
		<i>Motivation</i>	Finding reasons for lacking motivation, exercising delay of gratification
		<i>Nutrition and exercise</i>	Creating an individual eating and exercise schedule, dealing with relapses
	<i>Dealing with writer's block</i>	Reasons and coping strategies for writer's block	
	<i>Concentration</i>	Audio-based concentration exercises	