

**Master challenges.  
Be strong.  
Don't let yourself be thrown off track.**



Moving to a new place can be difficult. If you're feeling stressed, anxious or just not yourself, the **START NOW Adapted Training** might be for you!

The training is a **safe place** to **understand** your **feelings**, **meet friends** and learn how not to let unpleasant feelings get you off track so quickly.

## **Interested?**

- ' Would you like to **train** your **mental fitness**? In this training, you will learn the five **START skills** that can help you take control of your life.
- ' In a group, we learn a lot about feelings and how we can deal with them. We practise the **START skills** and talk to each other in a safe space.

## **Science is of interest**

The University of Basel is conducting an accompanying study to determine how effective the training is and whether it is sustainable. In other words, whether you will benefit from the training for longer.

However, to answer this question, we need a so-called "control group". In this group, you answer a few questionnaires, but the training takes place after the end of the study.

## **What do I get out of it?**

- ' You learn and practice strategies for dealing with unpleasant feelings and not get off track so quickly.
- ' You will be rewarded for your support (you will receive 20 Swiss francs for each questionnaire you complete).
- ' You get to know scientists and find out how they work.

## **Get in touch with your mentor to take part!**

### **Contact for questions:**

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