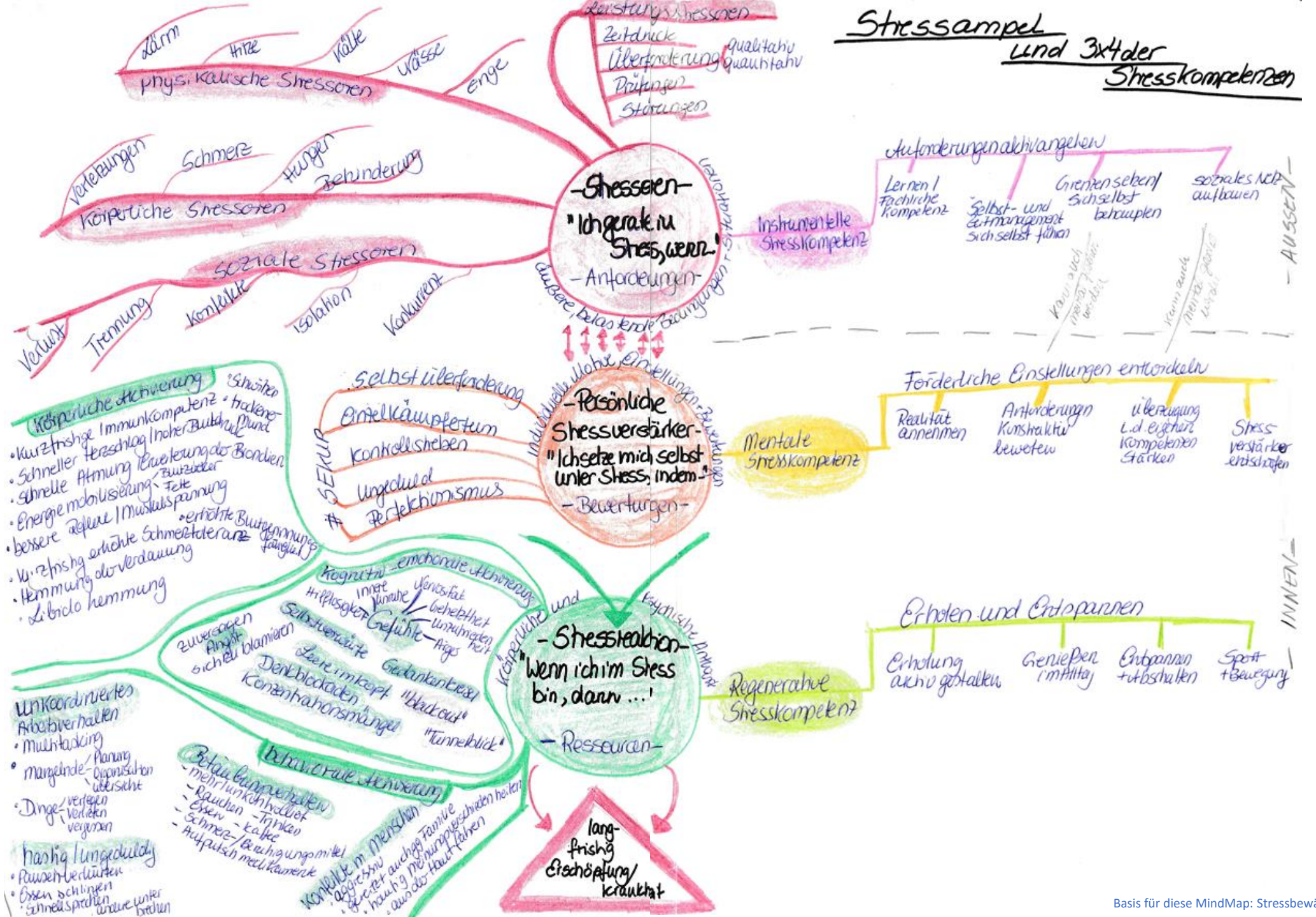Stressampel und 3x4der Stresskompetenzen