

meine Strategien für jedes Anspannungsniveau

A vertical scale from 0 to 10, with a color gradient from green at the bottom to red at the top. The scale is divided into three horizontal sections by lines at levels 3 and 7. The sections are labeled on the right as 'niedriges Anspannungsniveau' (0-3), 'mittleres Anspannungsniveau' (4-7), and 'hohes Anspannungsniveau' (8-10). The numbers 0 through 10 are listed on the left side of the scale.

Anspannungsniveau	Strategien
niedriges Anspannungsniveau (0-3)	
mittleres Anspannungsniveau (4-7)	
hohes Anspannungsniveau (8-10)	