

# Lukas Moebus

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## Short CV

- since 2022 Research Assistant at the Working Unit Sport Psychology (TUM)
- 2020–2022 Scientific Assistant at the Chair of Sport Psychology (TUM)
- 2019–2022 Master of Science „Health Science“ (TUM) passed with distinction
- 2015–2019 Bachelor of Science “Physical Activity and Health” (JLU) passed with merit

## Research

- Psychophysiology of stress and relaxation
- Personalized breathing protocols for relaxation and stress coping
- Digital interventions for relaxation and stress coping

## Teaching

- Consulting competency
- Self-regulation and relaxation techniques
- Research colloquium

## Prizes

- Teaching prize of the Department of Sport and Health Sciences

## Other activities

- Strength Training, Hatha Yoga und Vipassana Meditation