

Module 3S: “Handling Stress” Workshop and Coaching

Why - Objectives

This course has been titled “Handling Stress” because life without stress is hardly possible nowadays, particularly not in your situation as PhD students or Postdocs. The academic community seems to accept a considerable amount of strain and long-term high work load as unavoidable part of science and research is just beginning to seriously take notice of the impact this has on health and performance of students and faculty. As a general improvement of the environment is not to be expected, the best you can do is to learn new ways to cope with stress and anxiety to prevent emotional fatigue and burnout.

What is regarded as stressful is subjective and each individual has developed more or less successful coping mechanisms. In this workshop you will find out more about your personal stress patterns and will get in contact with your resources – both on the cognitive and the physiological level – for better self-regulation, resilience and a more balanced life.

For further information in German language: www.mit-stress-umgehen.de

What - Topics

Module 3S: Handling Stress	
<p>Definitions and Situation ...what are we talking about</p> <ul style="list-style-type: none"> • <i>Definition of Fatigue, Stress, Burnout etc.</i> • <i>Typical Concerns and Stressors</i> <p>The Physiology of Stress ... our bodily reaction</p> <ul style="list-style-type: none"> • <i>Hormones and the Autonomous Nervous System</i> • <i>Long-term Effects: Tension and other Symptoms</i> <p>Personalities and Patterns ...how we perceive and react to stressors</p> <ul style="list-style-type: none"> • <i>Individual Stress History</i> • <i>Typical Coping Mechanisms</i> 	<p>Internal Resources ... how our body helps us</p> <ul style="list-style-type: none"> • <i>Mindfulness and Body Awareness</i> • <i>Breathing and Relaxation Techniques</i> • <i>Bottom-up and Top-down Exercises</i> <p>Psychology and Self-Awareness ...what works and when</p> <ul style="list-style-type: none"> • <i>Handling difficult Emotions</i> • <i>Ways to Relax the Mind</i> <p>External Resources ... what and who supports us</p> <ul style="list-style-type: none"> • <i>Cultivating Relationships</i> • <i>Asking your Supervisors for Help</i> • <i>Seeking Professional Assistance</i>

How - Methods

The workshop employs a new format to reflect the specific nature of the topic:

The first day is a workshop with theoretical input, self-reflection exercises and short practical mindfulness and relaxation training sequences which can be included in everyday life.

The second day offers the opportunity for individual coaching units (approx. one hour per participant) to look more deeply into each person’s specific stress traits and start developing appropriate coping strategies.

When - Course schedule (example)

Day 1 Workshop 9:30 – 12:45 and 13.45 – 17:30

Day 2 Coaching One-hour-units between 9:00 – 12:30 and 13:30 – 17:30