Stress Management

Some stress can be a positive motivating factor, but too much will hold us back from fulfilling our full potential. Academia is plagued with stress, and not addressing it can have serious health implications. In this workshop, we will discuss balancing work and life, and learn how to maximize recovery from stress.

We will do group and individual exercises to prevent stress, develop strategies to cope with unavoidable stress, and utilize stress in a positive way. We will help to identify the personal level of stress and then practice stress reduction techniques in order to relieve pent up pressure when dealing with work, life, and whatever participants face in the future. Finally, you will build the resistance to stressful situations by developing a personalized sense of boundaries and self-assigned goals. In this workshop, participants will reflect on stress and learn to effectively dissolve it.

Course format

Two video meetings, one individual (April 26th, up to 30-minute duration with times available from 8:30 to 17:00; booking will begin April 12th, 2021, via Doodle) and one group (up to 7 participants per group at 9:00-11:00 or 11:00-13:00, via video conferencing tool). Besides meetings, participants will have online video material and assignments (sharing experiences of stress reduction techniques and applying goal attribution). They will have access to online video material from April 19th, 2021. During the private meetings, participants will receive personalized feedback on how to implement optimal stress management.

The second (group) meeting will take place April 29th, 2021, and will discuss key concepts and assignments issued in the video material. Finally, participants will receive an follow-up reminding them of their previously established goals.

Total workload: 11 hours (approximately 4.5 in video material, 2.5 in meetings, 2 in preparations, and an additional 2 in assignments).

Methods

Stress evaluation, relaxation exercises, breathing techniques, theory in structuring and prioritizing work/life balance, goal attribution.

Trainer: Andrew Wold, PhD

This course will be held in English and online.

WHEN
26.04.2021 times by individual appointment
29.04.2021 9:00-11:00 or 11:00-13:00

BOOK HERE