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: the first one individual (30 minutes) and the second one will be a group meeting. Additionally you receive video material and assignments (sharing experiences of stress reduction techniques and applying goal attribution). Participants will have access to online material one week before their first individual online meeting.

During the private meetings, participants will receive personalized feedback on how to implement optimal stress management. In the second meeting we will discuss key concepts and assignments issued in the video material. We will discuss exercises along with participants receiving personalized feedback on how to implement optimal stress management.

Total workload
11 hours (approximately 4 in video material, 3 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.

This course will be held in English and online.