

Training

Seminar on Mental Health

Date: Friday 19.01.2024 (9:00 – 17:00)

Location: SGBM seminar room



Invited trainer: Judith Bergner, Dipl. Psych. (München)

Registration: Birgit Jäger sgbm-info@sgbm.uni-freiburg.de and put us in Cc

How to stay sane in academia

- causes and indicators for being trapped in a vicious circle of mental exhaustion
- How to preserve a healthy, good (work) life:
 - Develop a sense of coherence – self motivation (exercise)
 - Cope with time pressure and stress – self calming (exercise)
 - Keep in mind the six columns of emotional flexibility
 - Tools to take care of the body, mind, soul and spirit (exercise on mindfulness)
 - Get access to and activate inner resources
 - Creating a constructive team climate and a resourceful relationship with a supervisor
 - Recommendations for academics