

Training

Career Workshop *Stress management*

with **CLAUDIA VON SCHULTZENDORFF**

Training Beratung Coaching, <https://schultzendorff.com>

Date: Friday, **6.08.2021** (9:00-17:00)

Location: University of Freiburg, Faculty of Engineering,
Georges-Köhler-Allee, Seminar room Building 078, 79110 Freiburg

Registration: Please register via doodle
https://doodle.com/poll/85zbutd8497d9wfx?utm_source=poll&utm_medium=link

Goals of the seminar:

Everyone talks about stress today, but what exactly is behind this term? In this workshop, we will discuss together what triggers stress and why stress can make you ill. You will have the opportunity to take a close look at yourself and your stress potential in self-reflection exercises and receive impulses on how you can better deal with stressful situations individually. Concrete relaxation techniques will be discussed and tried out in exercises.

Target group

This workshop is aimed at PhD students and postdocs who want to reflect about their stress potential and improve dealing with stressful situations in order to preserve a healthy good (work) life.

Outline:

1. HEALTH and what helps to stay healthy
2. Good stress - bad stress
 - 2.1 Stress traffic light
 - 2.1.1 Stressors
 - 2.1.2. Personal stress amplifiers
 - 2.1.3. Stress reactions
 - 2.2. Demand-resource-model
3. Strategies for coping with stress

Methods

Theoretical explanation; discussion; practical exercises.