

SGBM Seminar on Mental Health

Instructor: Judith Bergner, Dipl. Psych., skillfactors, Munich

Date: April 15, 2021

Time: 9:00-17:00 h

Location: ONLINE

OUTLINE

Burn Out Depression:

- What it is
- How it happens:
 - causes and indicators for being trapped in a vicious circle of exhaustion
- How to preserve a healthy, good (work) life:
 - Develop a sense of coherence – self motivation (exercise)
 - Keep in mind the six columns of emotional flexibility
 - Tools to take care of the body, mind, soul and spirit (exercise on mindfulness)
 - Creating a constructive team climate and a resourceful relationship with a supervisor
 - Recommendations for academics