

MIND Your Health: Mental Health Workshop for International Researchers

Objective

- To maintain good mental health and resilience
- To cope with loneliness, anxiety, stress, culture shock
- To develop strategies for this period of uncertainty

Description

Mental health refers to well-being on the cognitive, behavioral, and emotional level. It is about how we think, feel, and behave and can affect our daily living, relationships, and even our physical health.

Looking after mental health can preserve a person's ability to enjoy life and perform up to their full potential. This involves reaching a balance between life activities, responsibilities, and efforts to achieve psychological resilience.

This web-based workshop helps you get together, understand, and deal with various challenges which you might encounter during your research stays in Germany.

We will focus on developing strategies of how to maintain good mental health and resilience during this period of uncertainty as well as the struggles of loneliness, anxiety, and stress.

Methodology

- Presentations
- Plenary evaluations
- Trainer input
- Exercises
- Reflection and discussions

Workshopleitung



Kristin Draheim, M.A., Mag.
 Draheim Dialog /
 Briesen (Mark)

- Highly experienced German trainer of intercultural communication and conflict resolution as well as mediator, coach and psychotherapist (Non-Medical Practitioners Act), with a focus on health, personal development and development of intercultural competencies
- Lecturer in the Intercultural German Studies and Philology program of the European University Viadrina, Frankfurt (Oder)
- Teaches at over 15 universities and universities of applied sciences in Germany, Georgia, Turkey, Brazil, Bulgaria and Ukraine

www.draheim-dialog.de

Organizational Information

Language / Format	English / Online
Target group	International Doctoral Candidates at all stages and Postdocs from all faculties
Date	Thursday-Friday, 9-10 February 2023, 9:00 – 12:30
Registration	For registration click here