



FHI Online Workshop:

## *Stress Management for Doctoral Students*

based on TK-Mental Strategies

### Objectives:

Doing a PhD is a formidable task, during which you will face not only unexpected intellectual and technical obstacles, but which will also challenge your mental strength and stress resistance in many, often unexpected ways. Our seminar offers ideas and skills to improve your stress management abilities and develop your personal strategy to cope with stress.

This workshop is based on the first empirically evaluated stress management training for doctoral students in Germany (TK-Mental Strategies) and is tailored to your specific situation and requirements. It is organized through the "Gesundheitspartnerschaft" between the Max Planck Society and the Techniker Krankenkasse.

### Curriculum:

1. Stress and its effects: understanding stress, finding your personal stressors, intercultural differences, stress model, resources, social ties
2. Protect yourself from stress: communicate with confidence, set limits, accept support, address conflicts confidently, values & goals
3. It's all in the mind: goals for the training, stress as a result of how we assess it, stress-intensifying thoughts, "defusing strategies", inner drivers & positive affirmations
4. Manage stress effectively: time management and self-organization; my time thieves, set priorities, personal performance curve and balance of energy/energy levels
5. My doctoral journey: self-motivation, How do I boost my motivation? strong and positive during the doctorate, balance & enjoyment

### Course Design:

Short theoretical input on stress and healthy ways of dealing with it is combined with self-reflexion, group work and many practical exercises and suggestions for relaxation and a balanced way through life during your doctorate.

### Modules:

Tuesday, 21.4.2020, 9 a.m. - 1 p.m. Stress and its effects  
Tuesday, 28.4.2020, 9 a.m. - 1 p.m. Protect yourself from Stress  
Tuesday, 5.5.2020, 9 a.m. - 1 p.m. It's all in the mind  
Tuesday, 12.5.2020, 9 a.m. - 1 p.m. Manage stress effectively  
Tuesday, 26.5.2020, 9 a.m. - 1 p.m. My doctoral journey

A continuous attendance to all five modules is requested.

### Registration:

The workshop is designed for 8-12 participants and will be held online within the FHI Bluejeans environment. If you want to participate in this workshop, please fill in the application form for the Indico event before Apr. 14 2020:

[https://indico.fhi-berlin.mpg.de/e/PhD\\_stress\\_management](https://indico.fhi-berlin.mpg.de/e/PhD_stress_management)