Stress Management Workshop for International Students

Date: Wednesday, November 10, 2021, 16.00 – 19.00

Content:

Being abroad can be quite a stressful experience particularly in times of COVID. Adapting to a new culture with fewer options for social contact is a challenge that can at times be overwhelming. We might get caught up in negative thoughts and procrastination, we might have less energy than we usually have and feel tired all the time. Even if your personal experience of studying in Germany is not all that difficult, there are still many strategies to actively improve your well-being. In this interactive workshop you will learn stress management strategies (from the lecturer as well as from each other) that you can easily implement into your everyday life.

Agenda:

✓ Input:
  o What is stress?
    ▪ Stress in the mind and in the body
    ▪ Good and bad stress
  o Being abroad as a stressful event/experience: Understanding the psychological challenges of coping with a foreign environment

✓ Sharing and learning from each other: Participants share their experiences (What is difficult and stressful for me?) and their successful coping strategies (What can I do to feel better?)

✓ Presentation of effective psychological strategies to reduce your stress levels and improve your well-being followed by an exercise where you can try out these strategies and see, if they work for you

Lecturer: Psychologist Diana Hetzenecker (IKO - Institut für Kooperationsmanagement)

Number of participants: max. 20

Target group: international degree-seeking students

Venue: on campus (according to 3G-rule)

Notice:

The workshop will be held in English.

Please note, that you can only participate in the workshop, if you have been vaccinated or have recovered from a COVID-19 infection or have been tested (3G-rule). You have to provide proof accordingly.