

A Short Stress Intervention for Your Mental Health - eLearning Nugget

TwentyOne Skills



Objective

Identifying stressful situations and understanding the psychological and physiological background is an important part of mental health. In this class, we reflect on how you deal with stressful situations and how you can implement intervention measures for your own performance and psychological well-being.

Learn how to apply three successive steps for reducing stress effectively and to become more mindful in everyday life.

Description

- Get to know what situations are stressful for you
- 3 steps to reduce stress levels in those situations
- How to deal with stressful situations: a step-by-step guide

Conditions

In cooperation with TwentyOne Skills, GRADE offers about 35 asynchronous online courses.

The 3-month sessions start at the beginning of January, April, July and October.

Registration is possible at any time. Confirmed participants can access the courses for 3 months at the online platform of TwentyOne Skills. The current registration link can be found here: <https://tinygu.de/en21skills>

Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs (R2/R3) from all faculties
Duration	Approx. 15 minutes
Registration	https://tinygu.de/en21skills