

## “Resilience and Mindful Stress Prevention”

<b>Instructor:</b>	Saskia Vellguth
<b>Format:</b>	Online Course
<b>Duration:</b>	7 weeks
<b>Language of Instruction:</b>	English

### Description

Nearly everyone complains about stress these days: your colleagues, friends, family members, everyone around you. And what about you? Do you also sometimes feel tense and have the feeling that "everything is too much"?

With an increasingly dynamic and demanding work routine accompanied by time pressure, the level of stress is continuously rising. This not only affects performance but eventually also impacts motivation and health. Whatever causes it, it is important to deal effectively with stress at work and in your personal life in a way that promotes and maintains your health.

Since there is no *one* technique that can magically take away all of your stress and since not every strategy works equally well for everyone, you need to develop your own “toolbox” with methods and techniques that you consider effective and that you can apply to diverse situations in your life.

In this resilience and stress management course with a strong focus on practical application based on scientific research, you will identify your stress factors early on, develop your own effective strategies for self-leadership and stress management, and maintain your work efficiency and zest for life through an intelligent balance between tension and relaxation.

The course unveils practical strategies, from stress relief techniques, resilience-building, mindfulness and self-organization to self-care. You will be able to engage in sharing your experiences, interactive exercises and personalized assignments to cultivate lasting stress resilience. Join the course to empower and equip yourself with the tools to elevate your well-being, reclaim balance and thus tackle life’s challenges in a mindful and healthy way.

### Learning Objectives

This course is a purposeful and empowering experience designed to equip participants with effective tools to navigate life’s challenges for both long-term and acute stress situations. In a safe and supportive environment, attendees explore the various facets of stress and learn to recognize, understand, and mitigate its impact. In our interactive sessions, we will delve into stress reduction techniques, resilience building and the development of healthy working and living habits. You will be able to stay calm and professional in difficult situations at work (e.g. a conflict or disagreement over a project or decision).

The course combines informative discussions, practical exercises, and personalized reflection to equip individuals with actionable insights. Participants leave with a renewed sense of control, armed with practical skills to proactively manage stress and enhance their overall well-being.

### Target Group

Anyone who is interested to deal constructively with stressful situations and who wants to develop a sustainable way of dealing with stress in their personal and professional life.

### General Requirements

Participants need to possess English language abilities in speaking and writing on the Upper Intermediate Level (at least B2). Attendance of the live sessions is essential for your successful and meaningful completion of the course. To receive a certificate for this course, you will need to attend at least two of the three live sessions. These live sessions will be combined with additional material and intensive work through the online course platform, both individually and in groups. Please see course requirements for the various assignments.

To ensure a comfortable learning environment for all, please adhere to our [Code of Online Conduct](#).

### Technical Requirements

Stable internet connection.

Fully functional device, such as computer, laptop or tablet (use of smart phones is not recommended) with camera and microphone, headset recommended.

Recommended operating systems: Windows 10 or higher or MacOS 10.13 or higher. Avoid using a VPN.

Software: Webex Meetings. Please log in to Webex at least a day before course start in order to avoid any technical delays on the first live session.

### Course Requirements

Assignments & Readings

Peer Group Presentation

### Literature

Provided online.

### Modules

Module	Topics, Guiding Questions, Reading, Assignments
1	<p><b>LIVE SESSION // Understanding Stress</b></p> <p>In this session we will get to know each other and we will learn about:</p> <ul style="list-style-type: none"> <li>• What is stress? A scientific definition of stress</li> <li>• Identification of professional and personal stress factors</li> <li>• Impact of stress on physical and mental health</li> <li>• First steps to relaxation: The power of breathing</li> </ul>
2	<p><b>Asynchronous Work // Get on the Track of Yourself</b></p> <ul style="list-style-type: none"> <li>• Our own mindset - the influence of attitudes on the occurrence of stress</li> <li>• Stress-reducing cognition</li> <li>• Assignment: Reflect on personal stressors and complete a stress diary</li> </ul>
3	<p><b>Asynchronous Work // The Biological Stress System</b></p> <ul style="list-style-type: none"> <li>• Effectively managing the biological stress system is crucial for promoting overall well-being and resilience.</li> <li>• Understanding the physiological mechanism of the body's fight-or-flight response</li> <li>• Assignment: Daily journaling on the positive aspects of the day (3 questions – 3 minutes)</li> </ul>

4	<p><b>LIVE SESSION // Stress Reduction Techniques</b></p> <ul style="list-style-type: none"> <li>• Overview of stress reduction strategies</li> <li>• Deep breathing and mindfulness exercises</li> <li>• Relaxation techniques (e.g., progressive muscle relaxation)</li> <li>• Setting boundaries</li> <li>• Stress management and its role in resilience</li> </ul>
5	<p><b>Asynchronous Work // Resilience</b></p> <ul style="list-style-type: none"> <li>• Psychological Concepts: Adaptability and Bounce-back Ability</li> <li>• Factors Influencing Resilience: Genetics, Environment, and Personal Factors</li> <li>• Resilience in the Face of Adversity: Case Studies and Examples</li> <li>• Assignment: Implement one stress-reduction technique daily and journal observations</li> </ul>
6	<p><b>Asynchronous Work // Long-Term Strategies</b></p> <ul style="list-style-type: none"> <li>• Cognitive Strategies: Optimism – Change of Perspective - Reframing</li> <li>• Emotional Regulation Techniques: Mindfulness and Self-Compassion</li> <li>• Building Social Support Networks: Strengthening Relationships</li> <li>• Creating a Personalized Resilience Plan: Goal Setting and Action Steps</li> </ul>
7	<p><b>LIVE SESSION // Cultivating Stress Management and Resilience in Daily Life</b></p> <ul style="list-style-type: none"> <li>• Resilience in Work and Personal Contexts</li> <li>• Stress Management Techniques: Coping with Challenges</li> <li>• Setting Realistic Goals and Building Confidence</li> <li>• Self-Care Practices: Prioritizing Physical and Mental Well-being</li> </ul>