

# 2.5

## Well Being and career



<b>Goal</b>	Aim of the workshop is to build awareness and understanding of mental health and wellbeing at work and equip participants with tips on how to keep maintain their own wellbeing, especially how to manage stress at work, how to deal with challenges and failure and how to balance work and private life.
<b>Format</b>	Workshop, peer sharing session
<b>Recommended duration</b>	3 hours
<b>Content of the training activity</b>	<p>The workshop focuses on discovering resources and the development of the competences of the participants in taking care of their mental wellbeing.</p> <p>Possible topics for discussion:</p> <ul style="list-style-type: none"><li>● The meaning of mental wellbeing</li><li>● Strategies that help one face and get through challenging times</li><li>● Techniques to help reframe unhelpful thoughts</li><li>● Strategies to manage stress and anxiety</li><li>● Tools and techniques to help grow resilience</li><li>● Techniques to eliminate the energy drainers and utilize de-junking strategies</li><li>● How to manage own mindset to create the outcomes one wants</li><li>● How to create boundaries that create a better balance between work and life</li><li>● Tips and tricks to prevent and recover from potential burnout</li></ul>
<b>Expected learning outcomes</b>	<p>After taking this course/training activity, the PhD student should be:</p> <ul style="list-style-type: none"><li>● Aware of an importance mental wellbeing and taking care of it.</li><li>● Familiar with techniques that help them maintain their personal work-life balance and mental wellbeing.</li><li>● Empowered in identifying and understanding their experiences, needs and frustrations and searching for sources to help them manage the challenges they face.</li></ul>
<b>Trainer/facilitator qualification</b>	Workshop should be facilitated by the professional experienced in (group) coaching or counselling.

## Recommendations and suggestions for course/activity setup and methods used:

	Duration	Activity description
<b>Course/activity set-up and methods used</b>	30 min	Introduction + and basic rules for the workshop (e. g. Las Vegas rules — whatever is said in the meeting should never be shared with anyone outside of the group)  All participants briefly introduce themselves and what they do.  Some ice-breaking technique or actual short physical might also be used.
	30 min	Importance of mental wellbeing and challenges arising for PhD students (presentation).
	30 min	What are the main challenges you personally face during your PhD studies? What impact do they have on your mental wellbeing?  Peer sharing in small groups of 2 — 3 people and wrap-up in the whole group.
	30 min	Where do you find sources to overcome those challenges?  Peer sharing in small groups of 2 — 3 people and wrap-up in the whole group.
	30 min	Techniques and strategies to improve mental wellbeing and manage own mindset to create the outcomes one wants (presentation).
	15 min	Joint discussion and wrap-up
	<b>Recommended number of participants</b>	Max 15
<b>Forms of active engagement</b>	The main tools of the workshop are self-experience and discussion in small groups, which allow participants to reflect, discuss and ask questions about their personal situation.	
<b>Reflection questions</b>	<ol style="list-style-type: none"> <li>1. How would you evaluate your work — life balance?</li> <li>2. What would you change in your routine?</li> <li>3. How have you dealt with your last stress situation?</li> <li>4. What would you change/do next time?</li> <li>5. Which “present moment” do you cherish? How long ago?</li> </ol>	
<b>Venue requirements</b>	Space that enables group work in different corners.	
<b>Technical and material requirements</b>	Standard presentation hardware/software.	
<b>Resources to explore</b>	Researchers Mental Health Observatory (REMO): <ul style="list-style-type: none"> <li>● <a href="https://projects.tib.eu/remo">https://projects.tib.eu/remo</a></li> <li>● <a href="http://www.nhs.uk/mental-health">www.nhs.uk/mental-health</a></li> <li>● <a href="https://www.coursera.org/learn/the-science-of-well-being">www.coursera.org/learn/the-science-of-well-being</a></li> <li>● <a href="http://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/">www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/</a></li> <li>● <a href="http://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/tips-for-employees/">www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/tips-for-employees/</a></li> </ul>	