eLearning

Six Tools to Support Your Personal Mental Health

TwentyOne Skills

Objective

You might know this feeling: After a very long day in the lab or at the office, you're still thinking about the work you haven't accomplished today. Or you have to give a short presentation in your working group, but you're feeling hot and cold at the same time? Or you earned a degree or published a paper, but you are still not satisfied with your success?
People who work in academia know about these situations, and in the long run, all of these can affect your mental health.
This eLearning will be showing you some simple but effective techniques for taking care of yourself.

Description

- Learn about mental health in academia
- What to do to maintain a good health or to find help in stressful situations
- Get to know the following tools: journaling, self-care bingo, download your brain, relaxation techniques, saying "no"
- How to strengthen your inner resources

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 from all faculties
Duration	Approx. 1h
Registration	https://tinygu.de/en21skills