



Strategies, Motivation, Health

Network Café – Welcome Center, University of Bremen

21 April 2021 – Dr. Nadine Binder

Image: Pexels

Start Strong, Finish Strong

The background of the slide features several paper boats. One prominent boat in the foreground is red, while others in the background are light blue. The boats are arranged in a line, receding into the distance, creating a sense of depth. The background is a light, neutral color, possibly a soft-focus photograph of a body of water.

How to structure your day

... and find balance between work and leisure

Monthly Mini-Workshops

X Monthly sessions to support you in staying motivated and healthy & allow you to connect

X ABC – Structure

- **A**rrive – get focused and fully present
- **B**uild – learn new strategies and deepen your skills
- **C**onnect – with others and enjoy social activities

~~17 February~~

~~17 March~~

21 April

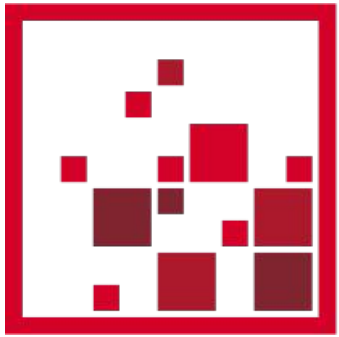
19 May

16 June

21 July

Image: Pexels

Support at Uni Bremen



**UBremen
Research
Alliance**

**Welcome
Center**



**UBremen
BYRD**

Early Career Researcher
Development

The Welcome Center supports researchers and their families during their stay in Bremen.

For more information concerning mental health please have a look [here](#).

BYRD is the central contact point for doctoral candidates, post-docs as well as established researchers seeking for information and support for further training, networking and consulting. Find out more [here](#).

Support at Uni Bremen

Workplace Health Management (WHM)



More information on the workshop series [here](#).

More information on mental health (German only) [here](#).

These workshops are supported by:

Techniker Krankenkasse



Emergency Services

X Telephone Counselling Bremen:

0800 - 11 101 11 (24 hours)

0800 - 11 101 22 (Catholic)

X Social Psychiatric Service Bremen

0421 - 800 582 10

(weekdays, from 8.30 am until 5.00 pm)

X Crisis Intervention Service (KID)

0421 - 800 582 33 (weekdays, from 5 pm until 9 pm &
on weekends, from 8.30 am until bis 5pm)

List of all Links

- X Welcome Center – „Mental health“: <https://www.uni-bremen.de/en/research-alliance/welcome-center/health/mental-health>
- X BYRD – „Taking care of yourself“: <https://www.uni-bremen.de/byrd/promovierende/taking-care-of-yourself-gesundes-arbeitsleben>
- X WHM – More information on workshop series: <https://www.uni-bremen.de/en/dezernat2/workplace-health-management-whm/services-of-the-workplace-health-management-and-further-institutions/mental-health-impulse-workshops>
- X WHM – More information on mental health (German only): <https://www.uni-bremen.de/dezernat2/betriebliches-gesundheitsmanagement-bgm/angebote-des-gesundheitsmanagements-und-weiterer-einrichtungen/mentale-gesundheit>

ARRIVE



Arrivals
Aankomst

Deep Breathing

- X Also called diaphragmatic breathing, abdominal breathing, belly breathing, and paced respiration
- X Breathing in fully through the nose until lower belly rises
- X Benefits:
 - Enables full oxygen exchange
 - Can slow heartbeat
 - Can lower or stabilize blood pressure
 - Can reduce cortisol
 - Can help us to be more present



Take a few deep breaths

How are you feeling now?

Write in the chat



BUILD

Image: Pexels

Which one describes you better?

1 I draw a hard line between my career and my non-work roles, I don't want to mix them, and try my best to keep them separate.

When I'm on the clock, I'm focused on my job, so that I don't have to think about sending any late-night emails once I'm done for the day.

2 I like having the freedom to blend my work life and non-work life, and move back and forth between the two as needed.

I'm at my best when I can be flexible — taking a work call after dinner seems like a fair trade to be able to run an errand during work hours.

1 Segmenters



& 2 Integrators



- X Avoid overlap between work and private life
- X Might use separate calendars, phones, clothes, ...

- X Prefer to blur boundaries between work and private life
- X Draw fewer mental, physical, and emotional lines

What does that mean?

- X Stop striving for work-life balance
- instead aim for **YOUR work-life fit**
- X Communicate your preferences, and respectfully ask for what you need
- X Find routines that support your preference and suit you – **do what is good for YOU**



What works for you?

X Share with your group members:

- Where would you place yourself on the segmenter – integrator continuum?
- What is helping you to have a good start of your workday?
- What is helping you to end the day well?



Time structure ? is there one?

yoga in the morning, schedule a phone call or something else afterwards

It helps me to end my work day if I have an appointment in the evening, like meeting friends online to do sports together

Not doing anything work-related before 7am or after 7pm, flexible within that time

Morning meditation, every day after breakfast

♡ 2

♡ 2

♡ 3

♡ 1

Having at least an hour or two just for myself to shower, get ready etc

Yes, Yoga is wonderful

Shutting all tabs, documents and turning off computer

To-do list which is completely re-written week to week, and looked at in the morning with checkboxes of concrete tasks.

have a morning routine before starting work and a routine when finishing work

♡ 2

♡ 3

♡ 1

♡ 1

productivity apps like focus mate, Pomodoro, calendar blocking

last task on Friday: prepare the next week, distribute the task over the week to avoid the "Monday morning panic, wheredolstart?????"

♡ 2

♡ 2

Starting Strong - Inspiration

- X Enjoying tea or coffee
- X Mindful breakfast
- X Walk before starting to work
- X Get “dressed for work”
- X Check news headlines first
- X Check agenda or to-do list
- X Read and respond to emails
- X 5-min. meditation



Finish Strong – Inspiration

- X Change environment
- X Walk
- X Exercise
- X Meditate
- X Unplug from all devices
- X Do chores
- X Fun with kids, pets, ...
- X Cook
- X

Pick one thing to do
after this workshop /
tonight to finish
your day well ...

Summary / Key Points

- X Segmenters ----- Integrators
Know your preferences and needs!
- X Start your day mindfully – and be clear on priorities
- X End your day well – change the space, unplug, do something fun, ...
- X Do not forget about some breaks in between 😊
- X **Create routines that work for you**

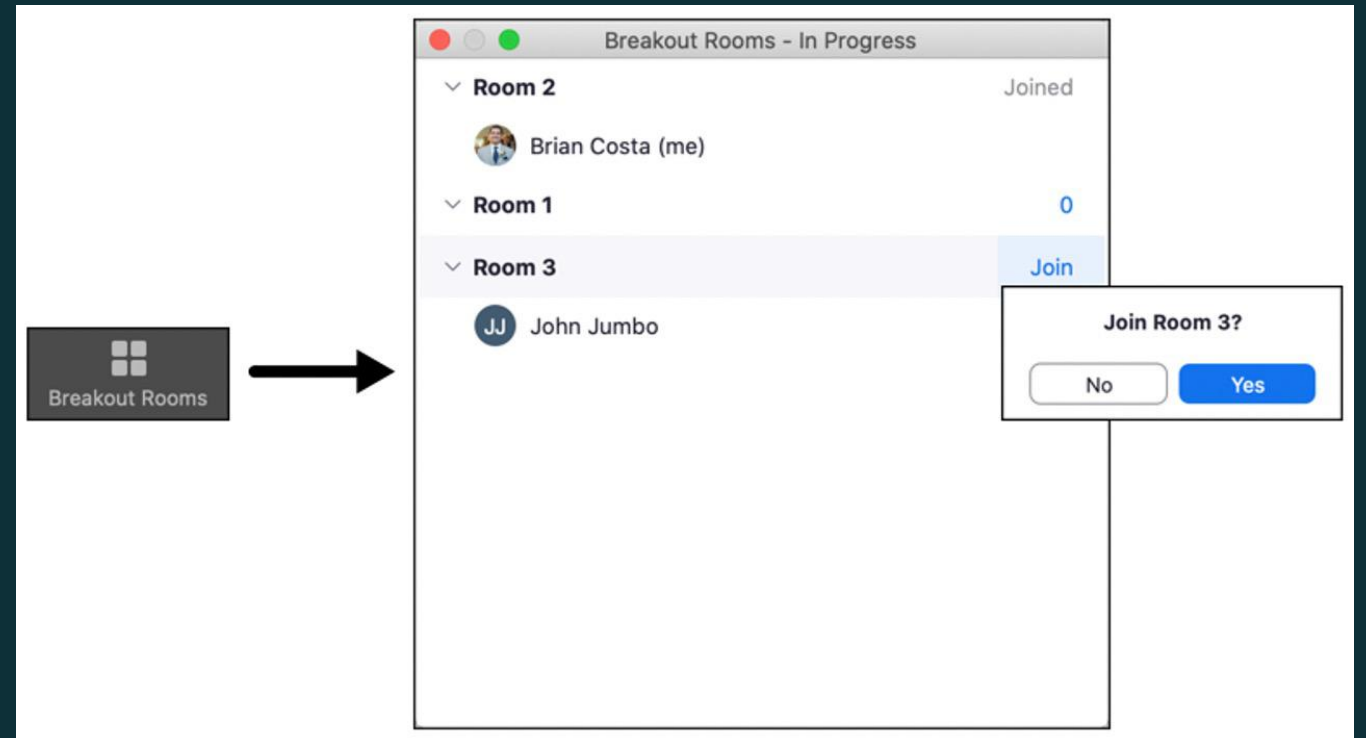
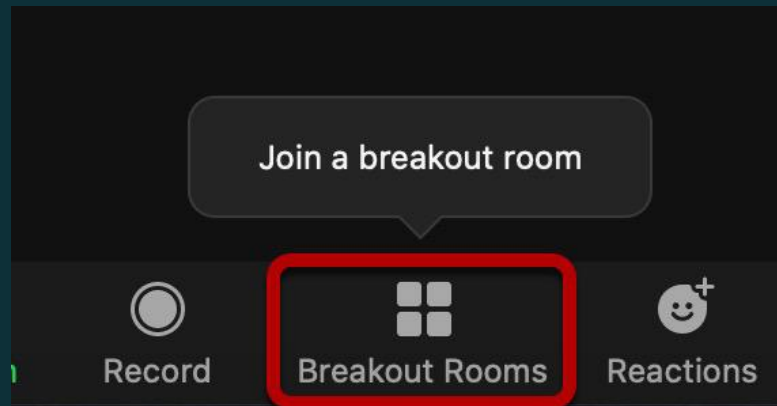




CONNECT

Select your breakout room

X Select which topic you would like to talk about with others



Find out more:

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