



Strategies, Motivation, Health

Network Café – Welcome Center, University of Bremen

19 May 2021 – Dr. Nadine Binder

Image: Pexels

A close-up photograph of a person's hands holding an open book. The person is wearing a light-colored sweater and a watch. A white cup of coffee is visible on the left side of the frame. The background is softly blurred, showing a wooden table and some papers.

The Power of Gratitude

It is not happiness that makes us grateful.
It is gratefulness that makes us happy.

(Brother David Steindl-Rast, 2013)

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

ARRIVE



Arrivals
Aankomst

Gratitude Meditation

I am grateful for _____





BUILD

Image: Pexels

What is Gratitude?

Two criteria:

- X Recognizing and appreciating positive events or things
- X Acknowledging that the source is (at least partly) external



What is Gratitude?

- X Frequently experienced positive emotion
- X Universal human experience
- X Felt & expressed across cultures and religions



The Power of Gratitude

- X “Broadens and builds”
(Fredrickson, 2004)
- X Urge to behave prosocial
- X Can make us happier



The Power of Gratitude

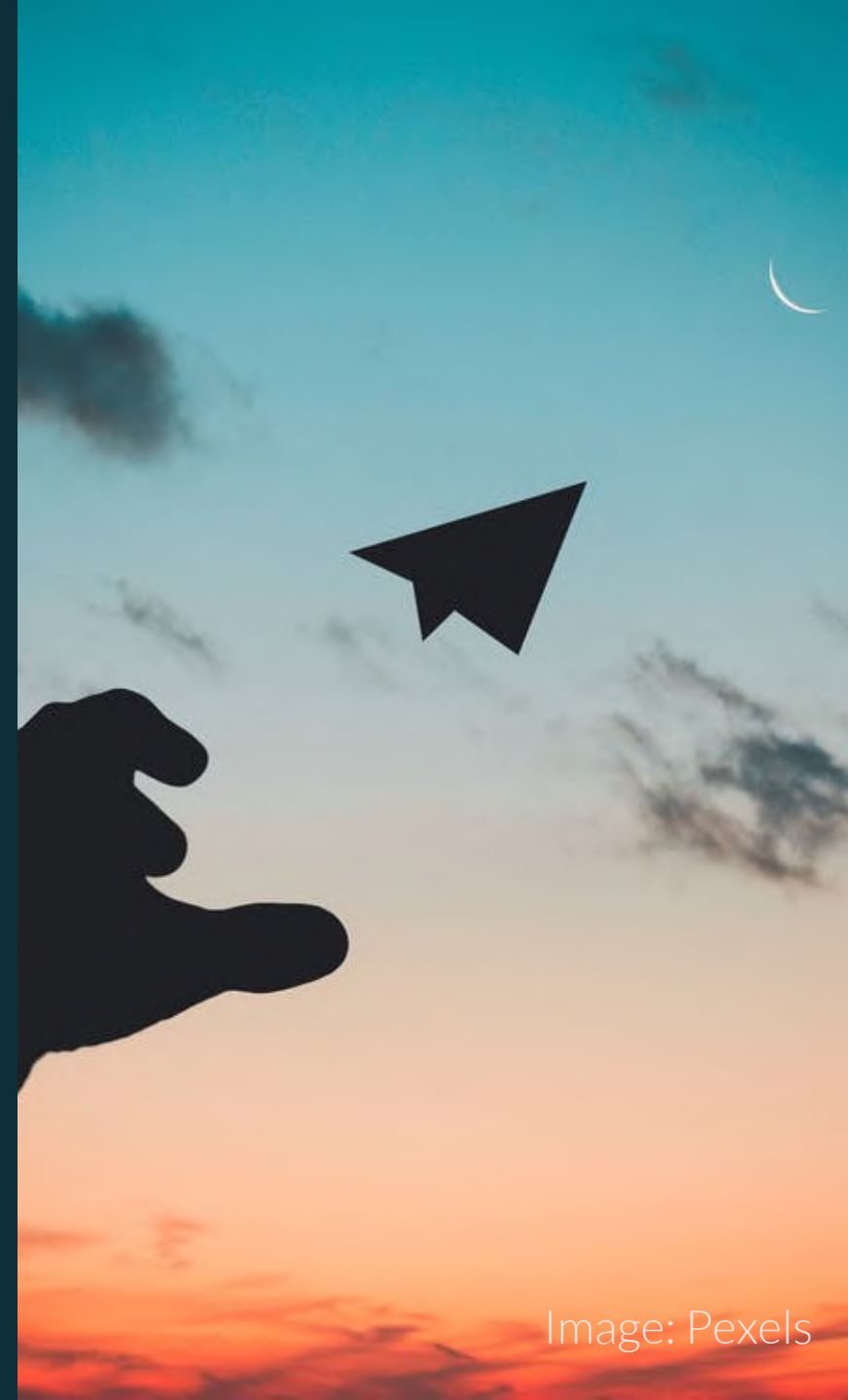
Gratitude is good for our bodies & minds

- X Stronger immune system and lower blood pressure
(Emmons & McCullough, 2004)
- X More resilience & lowered risk of depression and anxiety
(Petrocchi & Couyoumdijan, 2016)
- X “Undo” effect of stress, anxiety or sadness on cardiovascular system
(Fredrickson, 2004)



The Power of Gratitude

- X Strengthens relationships
(Fredrickson, 2004)
- X Fuels creativity and flexibility
- X Is contagious – can easily spread to others or within groups





Even in the trials of
life, if we have eyes to
see them, we can find
good things
everywhere we look.

JOANNA GAINES

Discuss & Share

How can gratitude serve us in challenging times, e.g., during this pandemic?

Have a Stop Sign

- X Reminder to pause and appreciate what you are grateful for
- X Examples:
gratitude stone, a picture or object, a little note on your desk, an alarm in your phone



Write it Down or Say it

- X Write down 1+ things you are grateful for each day
- X Or say: “I am grateful for ____”
(meditation or while brushing teeth)
- X Examples:
gratitude journal, gratitude jar,
gratitude meditation



Let's fill our gratitude jar



Image: Pexels

Questions to Spark Gratitude

- X What happened today/yesterday/this week/this month/this year that you're grateful for?
- X What made you laugh or smile today?
- X What's the best thing about your home, and have you taken the time to enjoy it recently?
- X Have you had a chance to help someone recently, and how did that make you feel?
- X What's something you look forward to in the future?
- X What's something enjoyable you get to experience every day that you've come to take for granted?
- X What's a hard lesson that you were grateful to learn?
- X What about today has been better than yesterday?
- X What's an aspect of your physical health that you feel grateful for?
- X What's an aspect of your personality that you're grateful for?
- X What relationships are you grateful for?
- X What's one thoughtful thing someone did for you recently?

Acts of Kindness

- X Little acts of kindness for others to express your appreciation or spark their gratitude
- X Examples:
give a compliment, share a smile,
send a letter or send a “thank you”
note to someone



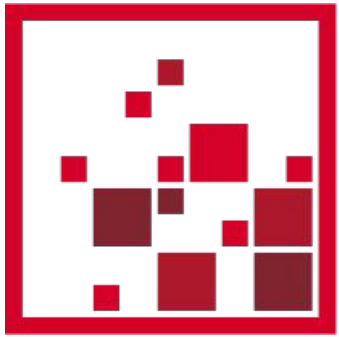


CONNECT

Looking Back & Looking Forward

1. Name one thing that happened that you liked or made you happy in the last 24 hours
2. Name one thing that you didn't like or was cause for discontent in the last 24 hours
3. Name one thing that you are looking forward to over the next 24 hours
4. Now name one thing (you can name several) that touched you and for which you are thankful

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 [here](#).

These workshops are supported by:

Techniker Krankenkasse



Find out more:

- 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: <https://www.uni-bremen.de/en/dezernat2/workplace-health-management-whm/services-of-the-workplace-health-management-and-further-institutions/mental-health>

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)