

UPPSALA UNIVERSITY

Stress management for PhD students (in English)

Goal

To give the participants increased knowledge of stress, understanding of which factors contribute to their own stress and guidance in implementing the changes that are needed to feel better.

Target group

PhD Students who feel that stress affects them in a negative way and who wish to gain more knowledge, support and tools in changing their situation and find a better balance between work, leisure and private life.

Content

The course is made up of 6 sessions that will cover basic stress theory, recovery, mindfulness, dealing with thoughts and feelings, values, life balance, setting boundaries, summary and maintaining the progress.

Arrangement

Content is based on stress research, CBT (Cognitive Behavioral Therapy) and ACT (Acceptance and Commitment Therapy). The course is practical and based on the participants' active participation, e.g. in the form of home assignments and discussions. The course is focused on actions here and now.

6 group meetings, each 2 hours.

Course format

The course is given at Falcks office at Bredgränd 6, 753 20 Uppsala. Invitation will be sent one week prior to the first session.



Lecturer

Joakim Elisson,
Lic. psychologist

Contact Joakim Elisson for
questions.

Email:

joakim.elisson@falcksverige.se

Dates and time (2023)

14:00 – 16:00

Tuesday, October 10th
Tuesday, October 24th
Tuesday, November 7th
Tuesday, November 28th
Tuesday, December 12th
Tuesday, January 16th

Location

Falck/Previa, Bredgränd 6, 753
20 Uppsala.

How to register

Registration is made via
Medarbetarportalen.

Conditions

Registration is binding. Falck
reserves the right to cancel at
too few participants.

Falck Hälsa och arbetsliv,
0771 33 00 00