Stress management for doctoral students

**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**
Doctoral 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**
- Basic stress theory
- Balancing stress and recovery
- What contributes to my own stress levels?
- Goal setting and change
- Concerns, anxieties and thinking errors
- Difference between setback and relapse
- Keeping healthy patterns, quality of life

**Arrangement**
Content is based on 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. The course is focused on actions here and now.

5 group meetings each 2 hours.

**Trainers**
Staffan Harling, Licensed psychologist and Specialist in Work and Organizational psychology
Anders Herrmann, Licensed psychologist, PhD

**Location**
Previa, Bredgränd 6 (våning 3), Uppsala

**How to register**
Registration is made via Medarbetarportalen.

**Conditions**
Registration is binding. Previa reserves the right to cancel at too few participants.

AB Previa, 0771-23 00 00