Stress management for Doctoral Students

It is common to experience stress as a Doctoral Student. Working alone, long-term deadlines and sometimes vague demands are among the things that contribute to the perceived stress.

The Stress management course is meant as a support for Doctoral Students who are a few years into their doctoral studies and who need support with work-life and balance.

The participants will learn about stress, self-care, time management how to relate to "good enough". The aim of the course is to give Doctoral Students practical tools to manage stress and to increase well being during doctoral studies. The aim is also to create a connection between the participants in the groups. The course is based on a CBT-model, Cognitive Behavioral Therapy, where homework is included between each session.

One of the courses addresses English-speaking Doctoral Students.

The course consists of six group sessions à two hours with the following themes:

1. **About stress**
   - What is stress?
   - Physiological and psychological responses to stress
   - Mapping of own sources of stress and responses to stress

2. **Recovery and balance**
   - Recovery and sleep
   - Balance in life
   - Value guided behavior
   - Motivation and behavioural changes

3. **Physical activity and exercise**
   - Expected impact on the various stress-related symptoms
   - Practical suggestions on the structure and intensity
   - Pain in the body during stress-related illness
   - Practical applied relaxation - different exercises to manage stress in the body and to use the breath as a tool

4. **Psychological aspects and stress**
   - Vulnerability for stress
   - Challenging stress behaviours and negative thoughts
   - Mindfulness
5. **Time-Management and procrastination**
   - To set limits
   - Multitasking, postponing behavior, time-management
   - Plan forward and goal setting

6. **Follow-up and exchange experiences**
   - A follow-up session to share experiences on how it goes with the behavioral changes.
   - Refresh skills learned in course.

The number of participants is limited to 10 people in each group.

**REGISTRATION - Stress Management for Doctoral Students**

Welcome to e-mail your registration to kundstod.stockholm@feelgood.se

Please note that registration is binding and that it is not possible to change groups during the course.

**Dates och schedule autumn 2016.**

Please mark in which group below you want to participate

**Place:** Feelgood Uppsala, Kungsängsvägen 29 A, 1st Floor, Uppsala

**Price:** 4 800 SEK paid by HR Department

- **Group 4 Swedish Speaking**
  2nd November 10:00-12:00, 16th November 10:00-12:00, 30th November 10:00-12:00, 14th December 10:00-12:00, 11th January 10:00-12:00, 1st March 10:00-12:00
  Last day for registration: 19th October 2016

- **Group 4 Swedish Speaking**
  2nd November 14:00-16:00, 16th November 14:00-16:00, 30th November 14:00-16:00, 14th December 14:00-16:00, 11th January 14:00-16:00, 1st March 14:00-16:00
  Last day for registration: 19th October 2016

- **Group 6 English speaking**
  11th November 10:00-12:00, 25th November 10:00-12:00, 9th December 10:00-12:00, 13th January 10:00-12:00, 27th January 10:00-12:00, 10th March 10:00-12:00
  Last day for registration: 27th October 2016

- **Group 7 English speaking**
  11th November 14:00-16:00, 25th November 14:00-16:00, 9th December 14:00-16:00, 13th January 14:00-16:00, 27th January 14:00-16:00, 10th March 14:00-16:00
  Last day for registration: 27th October 2016

**Name:** ..............................................................................................................

**Social Security No:** .........................................................................................

**E-mail:** ..............................................................................................................

**Phone/mobile:** .................................................................................................

**Department:** ....................................................................................................