



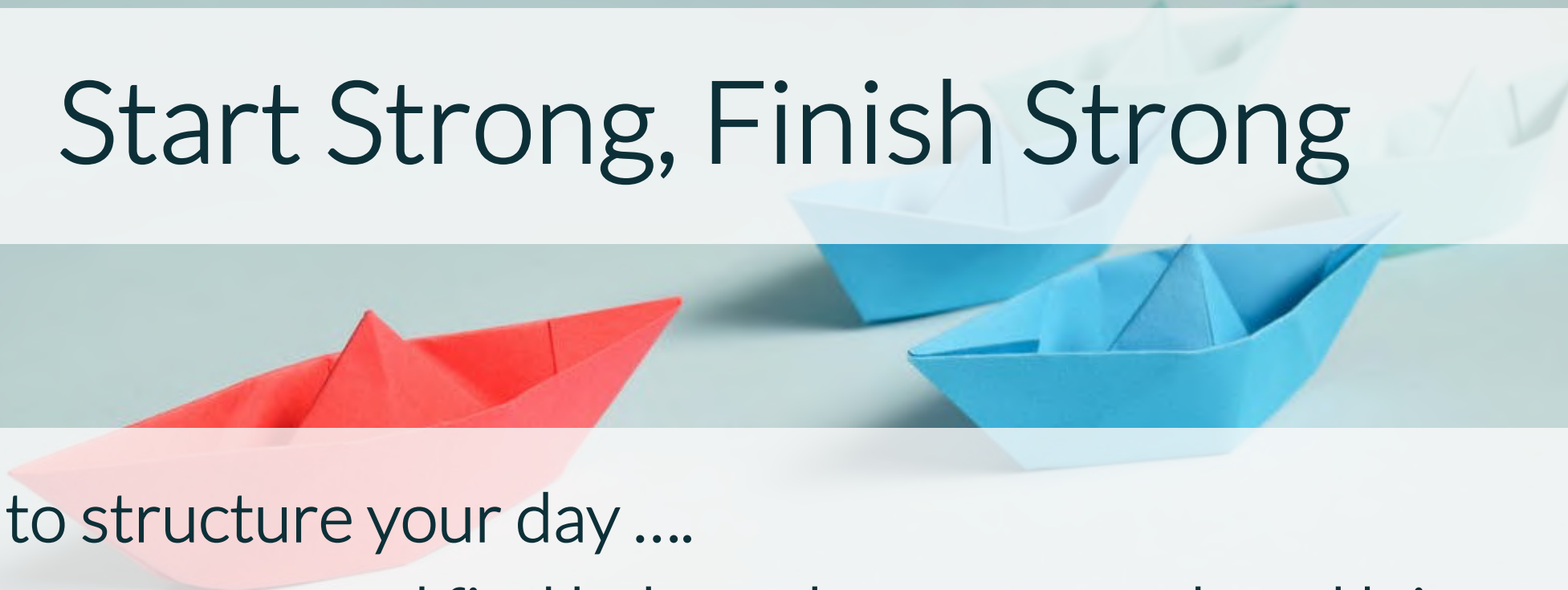
# Strategies, Motivation, Health

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 is red and is positioned in the lower-left foreground. Behind it and to the right are several light blue paper boats, some of which are slightly out of focus, creating a sense of depth. The boats are set against a light blue background with horizontal white stripes.

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

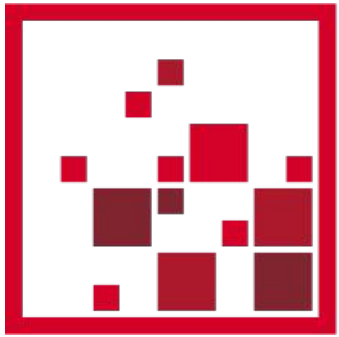
19 May

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**



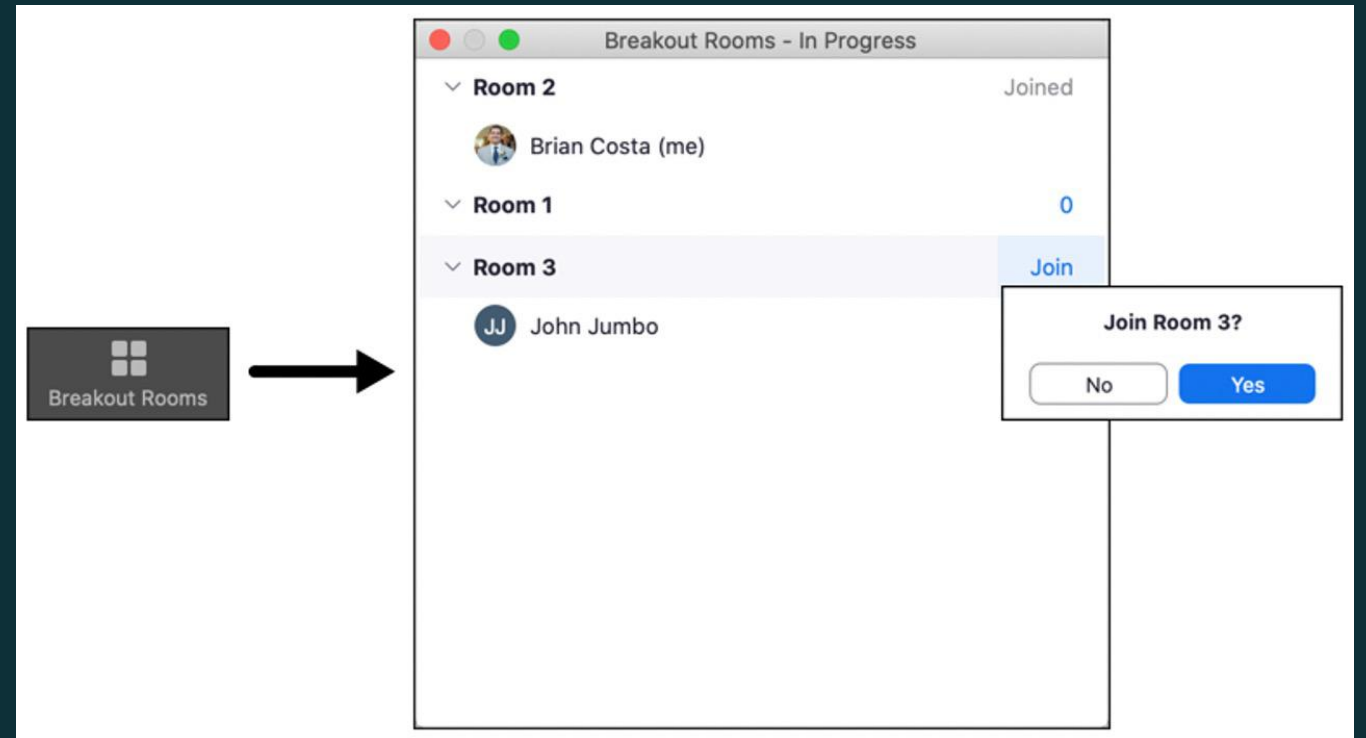
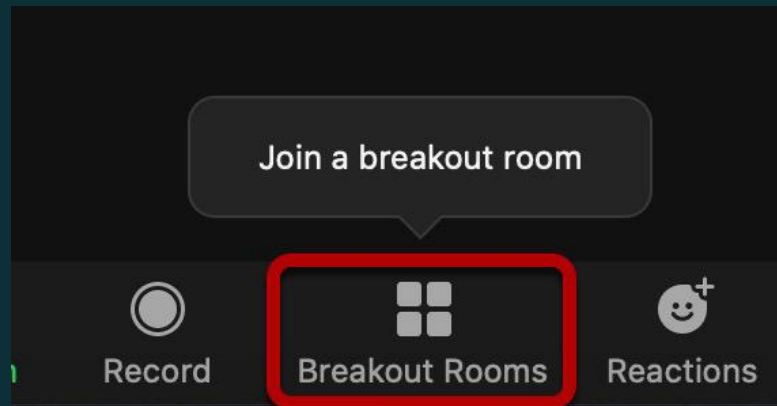




CONNECT

# Select your breakout room

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





# Find out more:

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