

Stress Management for Scientists

Topic area:	(Self-) management
Format:	Online or in-house workshop
Workload:	2 webinars of 2-2.5 h each = 1 workshop day
Trainer:	Emanuele Antico
Target group:	PhD students, postdocs, and junior group leaders



Have you ever had problems falling asleep or concentrating because of a stressful and uncertain time? Well, you are not alone. Stress is a common consequence of high workloads and tight deadlines in scientific careers, especially in academia.

When stress becomes excessive, it can significantly disrupt work performance. Learning to cope with stress successfully is crucial for career progression and life satisfaction.

In this workshop, we will examine how stress affects performance, the differences between "Good" and "Bad" stress, and some coping strategies to keep the stress level healthy and manageable.

Stress & Performance	Coping Strategies
- The influence of stress on performance - The influence of prolonged stress on performance - The concept of stress vulnerability	- What is a coping strategy? - Some common stress-related issues and how to tackle them - Three simple relaxation techniques

Course flow online

Day 1	Day 2	Day 3-21
Live webinar - Kick off - Key takeaways about stress	Live webinar - Key stress-related issues in science - Introduction to suitable coping strategies	Individual written or oral feedback from the instructor
Individual and group course work (online and offline)	Individual and group course work (online and offline)	