

«*Mindfulness for better Focus and Health*»

Tutor and Affiliation	Annika Martin, www.mindfulbody.ch
Organisation	Graduate Academy
Language	English
ECTS-Points	1.5
Nos. of participants	max. 15
Content	<p>Mindfulness is shown to reduce stress as well as improve mental and physical health, focus, and productivity. It helps to keep calm and focused in an increasingly complex world and work culture. In order to stay healthy and productive while facing high demands, we need to find ways to sustain efficiency, focus and emotional well-being.</p> <p>Mindfulness is one of the most powerful tools to manage our attention. Yet, mindfulness is about a lot more than just about attention, it is also about processing information differently as we do in autopilot mode that usually navigates us through daily life. Thus, mindfulness asks for kindness and curiosity in how we approach both work and life in general. Practicing mindfulness does also allow for a more deliberate, aware and conscious lifestyle, serving yourself and the world around you.</p> <p>In this workshop, a beginner's guide to that topic will be offered. We will speak about the stressors of today's world & working in academia, as well as what stress does to our minds and bodies. From there, we will move to the topic of mindfulness and understand why mindfulness is so well suited to counteract not only the effects but also the precursors of stress. We will finish by thinking about mindfulness as a practice to relax and become calm, but also as a very powerful technique to tackle different challenges of working in academia. The workshop will be very interactive; a mix of theoretical input, open discussions, group work and practical exercises.</p>
Notes	This Graduate Academy offering is directed at researchers, post-docs, doctoral students, people interested in starting a dissertation and employees of Lucerne universities and their partner institutions and is free of charge for these persons.