



Work-Life-Balance

4th of February 2021

Counselling Centre Universities of Bern, Claudia Rehmman, MSc. Psychologist

Counselling Center Universities of Bern

We provide

counselling/coaching, workshops and informational services

to

current students, teaching staff and administration staff of Bern's universities: the University of Bern, Bern University of Applied Sciences, and the PHBern (University of Teacher Education)

Our independent, client-centered services are provided by professionals. All services are confidential and free of charge.

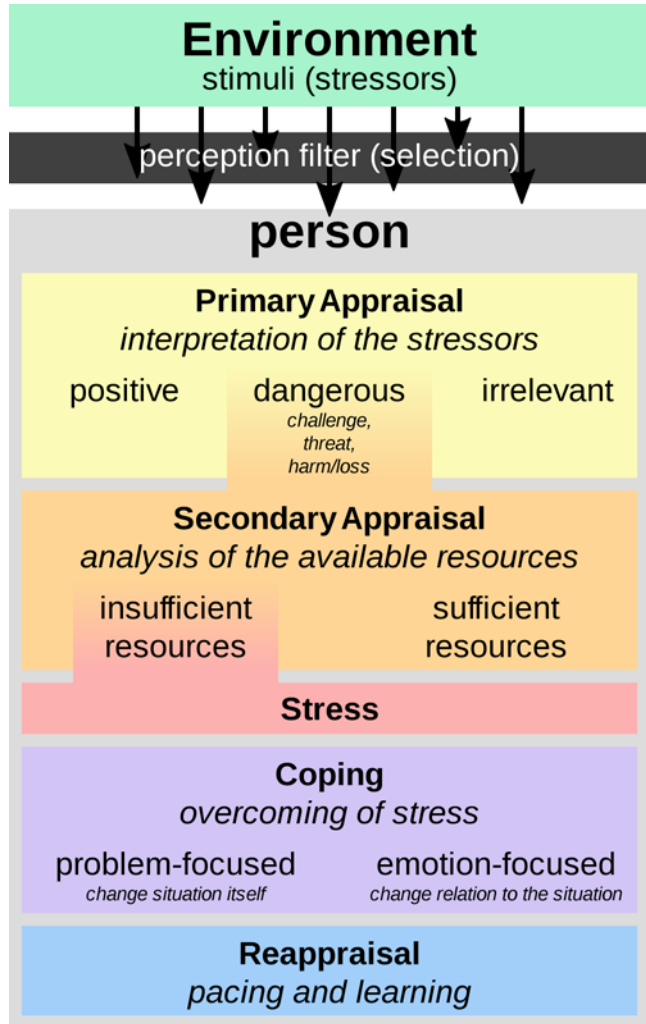
We are here for you: online, via phone or on site

(in English, French, Spanish, Italian and German)



- Call us on 031 635 24 35 to fix an appointment.
- We are at Erlachstrasse 7, in the Länggasse close to the train station in Bern.
- **For more information:**
www.beratungsstelle.bernerhochschulen.ch

Stress...



Transactional Stress Modell Richard Lazarus (1984)

Developed from an idea by Brabban and Turkington (2002)

Possible consequences of chronic stress

- Hypertension
- Cardio-vascular diseases
- Muscle tension
- Sleeping disorders
- Loss of libido
- Impotence
- Immun suppression
- Obesity
- Depression
- Chronic pain
- Memory and concentration problems

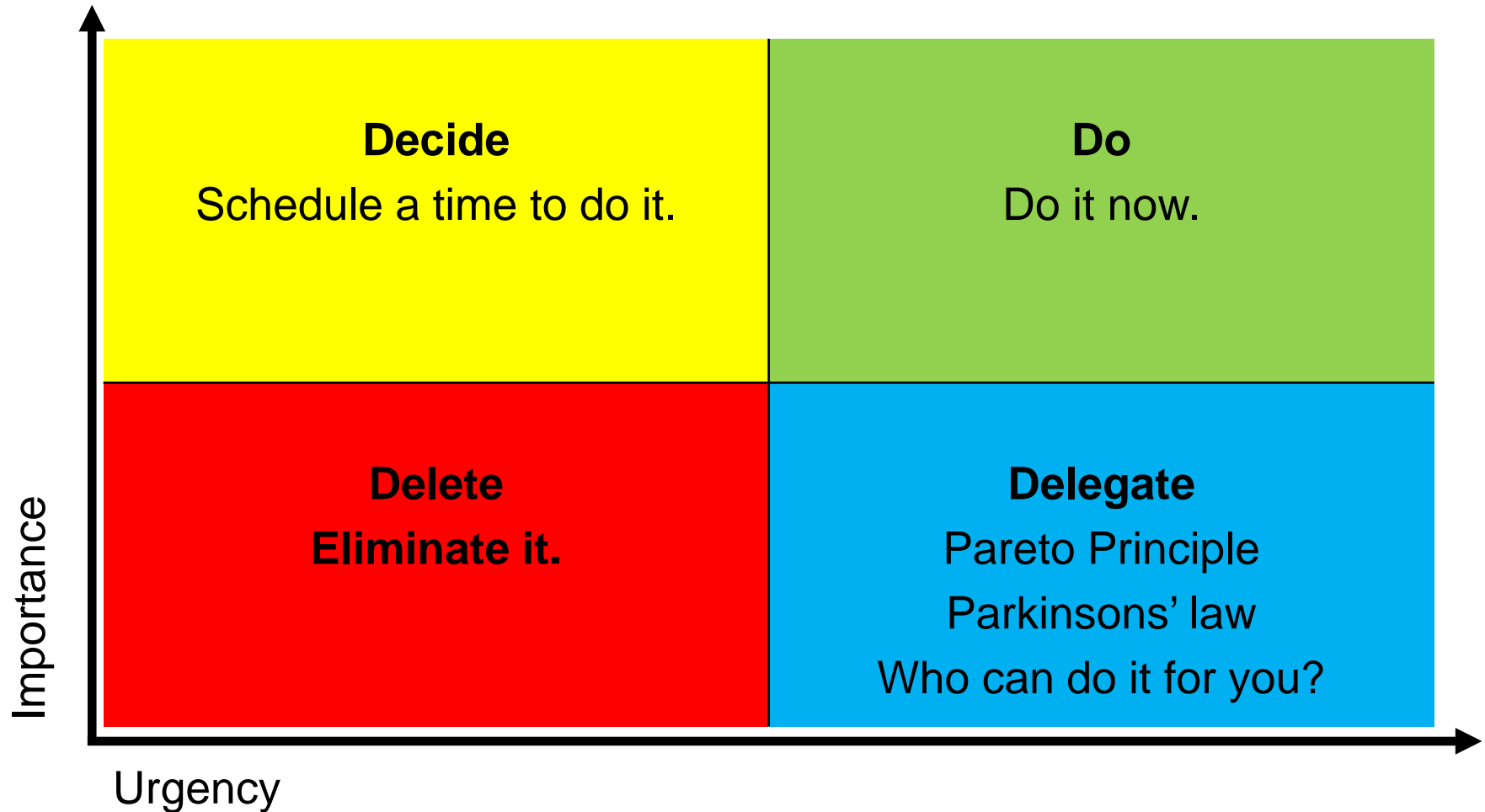
Parkinson's Law



weekly schedule (example)

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8 - 9	Vorlesungen						
9 - 10							
10 - 11							
11 - 12	Selbststudium						
12 - 13							
13 - 14		Jokerzeit			Arbeit		
14 - 15							
15 - 16							
16 - 17							
17 - 18							
18 - 19	Sport						
19 - 20		Anderes					
20 - 21							
21 - 22							
22 - 23							

Principle of Eisenhower



Strengthen your well-being

- Meet friends
- Do sports, Yoga (if you can on several days a week)
 - Studies from Zhanjia Zhang und Weiyun Chen (2018) have shown that already 10 minutes a day correlates with the well-being
- Go into the woods
- Eat good and healthy food (just eat (mindfulness), without mobile phone, pc or books)
- Plan offline time regularly



Relaxation Tools

- Progressive Muscle Relaxation (PMR)
- Autogenic Training (AT)
- Breathe exercises
- Mindfulness
- Meditation
- Yoga
- Praying
- Physical closeness, massage
- Cuddle with pets

Helpful links

- Information on our homepage on how to minimize stress:
<https://beratungsstelle.bernerhochschulen.ch/de/info/lern-arbeitstechniken/stress-vermeiden>
- Information on our homepage on how to strengthen your well-being:
<https://beratungsstelle.bernerhochschulen.ch/de/info/lern-und-studienkompetenzen/wohlbefinden-staerken/>
- «Deskercise»:
<https://www.healthline.com/health/deskercise>
<https://www.verywellfit.com/best-stretches-for-office-workers-1231153>
- Restorative Yoga (Amber from «open yoga», engl.):
https://www.youtube.com/watch?v=FjE-aSuatfk&feature=emb_title
- «Headspace» App (about three euros, ten days for free; topics: Meditation, Sleep, Stress, Mindfulness)
<https://www.headspace.com/>
- Progressive Muscle Relaxation /Autogenic training (have a look on youtube in your mother tongue)

Helpful links concerning the covid-situation

- Helpful information on our homepage on selfmanagement:
<https://beratungsstelle.bernerhochschulen.ch/de/info/lern-und-studienkompetenzen/selbstmanagement/>
- <https://dureschnufe.ch/>
- CGP Grey, Spaceship You:
<https://www.youtube.com/watch?v=snAhsXyO3Ck>

Questions, experiences, inputs ?

