

Stress Management Workshop for International Students

Do you want to learn different ways to reduce your stress levels? There are many things that might be stressful nowadays: a new culture, fewer social contacts, less possibilities to enjoy Munich city life, less opportunities to do sports or recreational activities. This can lead to procrastination and difficulties to reach study goals, negative thoughts and emotions, disturbed sleep, and an overall low energy level. But there is good news: there are many factors you can work on to improve your well-being.

In this interactive workshop with lots of exercises and break out rooms to get to know other students, you will learn stress management strategies that you can easily implement into your everyday life. After the first module you also have the possibility to get connected to another participant of the workshop to do something nice together in Munich (1:1 Matching).

Module 1 (2h)

- Strategies to deal with culture shock
- Strategies to think positively
- Strategies to relieve stress with mindfulness
- Strategies to support yourself with self-empathy
- Strategies to integrate positive activities into your everyday life

Exercise until next module in 1 week: Positive week plan to relieve stress

1:1 Matching of students

Module 2 (2h)

- Strategies to reach your goals with the SMART- Technique
- Strategies not to procrastinate
- Strategies to deal with difficult emotions
- Strategies to improve your sleep and survive German winter
- Strategies to activate your social network

Students will get a detailed Workbook-Handout called "Corona Survival Guide" after the workshop.

Possible number of participants: max. 20

Trainer: Sophie Appl – Psychologist and Intercultural Trainer

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Feedback of international students:

Von [Nongthoi](#) an mich: (Privat)

Thank you for the relaxing mindfulness walk.

Von [Zaid K](#) an mich: (Privat)

1. Interactive exercises during the class

Von [Nongthoi](#) an mich: (Privat)

I think the corona survival plan is quite wonderful. I was feeling sad a few days back but was not able to find a reason

Von [douglas](#) an mich: (Privat)

Hi Sophie, I really enjoyed the seminar today. It was a good mix of info/techniques/videos/talking. I made an account on sprachduo and might try it out!

Von [Nongthoi](#) an mich: (Privat)

your talk has some useful ways to deal with situations like this I think
Sorry about the missing punctuations in the previous messages.

Von [Quy Tai Le](#) an mich: (Privat)

Thank you very much for your training. It's really helpful. I like the part with master difficult emotion and daily mood chart.

Von [Levente Lakatos](#) an mich: (Privat) 05:
I think the presentation was good

Von [Anna Fedorova](#) an mich: (Privat) 05:
I loved the seminar! Thank you so much, I am particularly interested in the topic of good sleep, I'm really looking forward to it :)

Von [Keryl Diedhiou](#) an mich: (Privat)

I liked the way the module was built with the useful tips and cute videos. The "forest walk" was very relaxing.

Von [Troels Meldgaard Thomsen](#) an Alle:

Very nice and easy to understand slide and presentation

Von [Levente Lakatos](#) an mich: (Privat)

Meditation part; Make a Time schedule and other nice advice, I think its a good seminar at all in this format