

TARGET GROUP

Scientists who want to learn more about mindfulness and meditation practices for stress reduction

BACKGROUND

Scientists often experience high levels of stress and pressure in their work. Mindfulness and meditation practices have been shown to be effective tools for reducing stress and promoting overall well-being. This course is specifically designed for scientists who have no or little experience with mindfulness and meditation and are interested in exploring the benefits of these practices.

CONTENT

In this short workshop participants are introduced to the concept of mindfulness and get to experience different meditation exercises. The following topics are covered in the workshop:

- **Introduction to Mindfulness and Meditation:** definitions, benefits, scientific evidence
- **Practical exercises:** e.g. mindful breathing, mindful movement, mindful eating, guided meditations
- **Wrap-up:** reflection and transfer into daily lives

GOALS

In this course, participants

- develop a basic understanding of mindfulness and meditation practices,
- gain practical experience with various mindfulness and meditation techniques, and
- establish a foundation for incorporating mindfulness & meditation into their daily lives.

ORGANISATIONAL INFORMATION

- Workshop on-site (3 hours)
- Maximum of 20 participants
- Language: English
- Participants should wear comfortable clothing and warm socks.
- Participants need to bring a (yoga) mat and a blanket!

ABOUT THE TRAINER

Dr. Iris Köhler is a certified forest bathing guide (Waldgesundheitstrainerin, Kneipp Ärztebund e.V. & Chair of Public Health and Health Services Research, LMU München, 2020), a mental health first aider (Mental Health First Aid – Ersthelfer psychische Gesundheit, Zentralinstitut für Seelische Gesundheit, Mannheim, 2021) and has been practicing meditation since 2019.

Disclaimer: While mindfulness and meditation practices can be helpful for managing stress and promoting well-being, they may not be appropriate or beneficial for everyone, and should not be used as a substitute for professional medical advice or treatment. If you are currently experiencing mental health issues or have a history of mental health conditions, please consult with your healthcare provider before participating in this workshop.