Strategies, Motivation, Health

Network Café – Welcome Center, University of Bremen

19 May 2021 – Dr. Nadine Binder
It is not happiness that makes us grateful. It is gratefulness that makes us happy.

(Brother David Steindl-Rast, 2013)
Monthly Mini-Workshops

✗ Monthly sessions to support you in staying motivated and healthy & allow you to connect

✗ ABC – Structure
  – Arrive – get focused and fully present
  – Build – learn new strategies and deepen your skills
  – Connect – with others and enjoy social activities

17 February
17 March
21 April
19 May
16 June
21 July

Image: Pexels
Gratitude Meditation

I am grateful for ________________
BUILD
What is Gratitude?

Two criteria:

✗ Recognizing and appreciating positive events or things

✗ Acknowledging that the source is (at least partly) external
What is Gratitude?

✗ Frequently experienced positive emotion

✗ Universal human experience

✗ Felt & expressed across cultures and religions
The Power of Gratitude

✗ “Broadens and builds” (Fredrickson, 2004)

✗ Urge to behave prosocial

✗ Can make us happier
The Power of Gratitude

Gratitude is good for our bodies & minds

✗ Stronger immune system and lower blood pressure
   (Emmons & McCullough, 2004)

✗ More resilience & lowered risk of depression and anxiety
   (Petrocchi & Couyoumdjian, 2016)

✗ "Undo" effect of stress, anxiety or sadness on cardiovascular system
   (Fredrickson, 2004)
The Power of Gratitude

✗ Strengthens relationships (Fredrickson, 2004)

✗ Fuels creativity and flexibility

✗ Is contagious – can easily spread to others or within groups
Discuss & Share

How can gratitude serve us in challenging times, e.g., during this pandemic?

Even in the trials of life, if we have eyes to see them, we can find good things everywhere we look.

JOANNA GAINES
Have a Stop Sign

✗ Reminder to pause and appreciate what you are grateful for

✗ Examples:
  gratitude stone, a picture or object, a little note on your desk, an alarm in your phone
Write it Down or Say it

✗ Write down 1+ things you are grateful for each day

✗ Or say: “I am grateful for ____”
  (meditation or while brushing teeth)

✗ Examples:
  gratitude journal, gratitude jar, gratitude meditation
Let’s fill our gratitude jar
Questions to Spark Gratitude

✗ What happened today/yesterday/this week/this month/this year that you’re grateful for?
✗ What made you laugh or smile today?
✗ What’s the best thing about your home, and have you taken the time to enjoy it recently?
✗ Have you had a chance to help someone recently, and how did that make you feel?
✗ What’s something you look forward to in the future?
✗ What’s something enjoyable you get to experience every day that you’ve come to take for granted?
✗ What’s a hard lesson that you were grateful to learn?
✗ What about today has been better than yesterday?
✗ What’s an aspect of your physical health that you feel grateful for?
✗ What’s an aspect of your personality that you’re grateful for?
✗ What relationships are you grateful for?
✗ What’s one thoughtful thing someone did for you recently?
Acts of Kindness

✗ Little acts of kindness for others to express your appreciation or spark their gratitude

✗ Examples:
give a compliment, share a smile, send a letter or send a “thank you” note to someone
Looking Back & Looking Forward

1. Name one thing that happened that you liked or made you happy in the last 24 hours
2. Name one thing that you didn’t like or was cause for discontent in the last 24 hours
3. Name one thing that you are looking forward to over the next 24 hours
4. Now name one thing (you can name several) that touched you and for which you are thankful

Exercise by Dr. Chainani-Barta (adapted from: Seligman, Martin (2002): Authentic Happiness, p. 226)
Support at Uni Bremen

The Welcome Center supports researchers and their families during their stay in Bremen. For more information concerning mental health please have a look [here](#).

BYRD is the central contact point for doctoral candidates, post-docs as well as established researchers seeking for information and support for further training, networking and consulting. Find out more [here](#).
Support at Uni Bremen

Workplace Health Management (WHM)

More information on the workshop series [here](#).

More information on mental health [here](#).
These workshops are supported by:

Techniker Krankenkasse
Find out more:

✗ Welcome Center – „Mental health“: https://www.uni-bremen.de/en/research-alliance/welcome-center/health/mental-health


Emergency Services

✗ Telephone Counselling Bremen:
   0800 - 11 101 11 (24 hours)
   0800 - 11 101 22 (Catholic)

✗ Social Psychiatric Service Bremen
   0421 - 800 582 10
   (weekdays, from 8.30 am until 5.00 pm)

✗ Crisis Intervention Service (KID)
   0421 - 800 582 33 (weekdays, from 5 pm until 9 pm & on weekends, from 8.30 am until bis 5pm)