



## WORKSHOP FOR INTERNATIONAL STUDENTS: STAYING HEALTHY DURING SOCIAL DISTANCING, QUARANTINE AND CONFINEMENT

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### How to deal with online classes and isolation:

This workshop will provide you with interventions to strengthen your resilience and promote wellbeing. It is a short programme that will introduce you to methods and techniques that can be used for self-help. We will discuss the effects of the current pandemic situation on psychological health, you will learn about the conditional model of psychological consequences, and you will be introduced to a work-book with various exercises. Key points will be your behavior (getting out of bed, daily structure, positive activities, physical activity), social contact (how to stay in contact, solving social difficulties at home), thoughts (dealing with stressful thoughts, tuning out), body (relaxation, sleep hygiene), and feelings (dealing with stressful feelings). Worksheets will be provided electronically.

**Lecturer: Dr Jana Strahler**

**Tuesday, 15 June, 8 am - 12 pm, online via Zoom**

**Registration** will be possible **until Tuesday, 8 June** via e-mail to [studium-international@uni-giessen.de](mailto:studium-international@uni-giessen.de). Please use "Registration Workshop Staying Healthy" as subject line.

Please let us know via e-mail if there are any specific topics or questions you would like us to discuss.

More events can be found in the International Calendar here:  
[www.uni-giessen.de/internationales/veranstaltungen](http://www.uni-giessen.de/internationales/veranstaltungen)

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Further Information

Justus Liebig University Giessen  
International Office  
Goethestrasse 58  
35390 Giessen

Do you have any questions? Please contact:  
[studium-international@uni-giessen.de](mailto:studium-international@uni-giessen.de)  
[www.uni-giessen.de/international-pages](http://www.uni-giessen.de/international-pages)