

Stress Management:

A Personalized Approach to Dealing with Long & Short Term Stress Effectively



Utrecht Summer School
26 July – 30 July 2021
Course Director: dr. Edwin Weesie

Day-to-day program

During this course we will discuss the various causes of stress and ways to deal with that stress effectively. The course is based on decades of evidence based and practical research and tools. We take a personal approach and you will learn what your coping styles are and how of can make yourself more effective.

Are you experiencing high levels of stress? Do you find yourself worrying a great deal? Are you delaying and struggling with your workload and experiencing anxiety? In this training, consisting of 5 days, you'll become more aware of what your triggers of stress are and how to deal with stress effectively. The intended learning outcomes of this training are to help you to break the tension and you learn which method suits you best and how you can fine-tune your own effectiveness. Together with experts, you will work on creating a more healthy motivation, tame your inner critic and encourage a compassionate and resilient mindset. All this will help you to live and study more efficiently, enjoy your studies more and find a healthy balance.

Day 1 - Introduction to stress and how it affect daily life

- Lecture: Introduction of key concepts, daily stressors, major life events
- Tutorial: Personal stress causes and effects
- Homework: Inventory of topics on request, fill in extended COPE tool,

Day 2 - Dealing with stress: coping strategies

- Lecture: Stress measuring devices explored
- Tutorial: Individual counselling
- Homework: work on portfolio, personal profile

Day 3 - Fear & Anxiety

- Lecture: What is fear & anxiety? Conceptual models into practice.
- Tutorial: Individual counselling
- Homework: When possible evening program with informal drink & dinner

Day 4 - Resilience

- Lecture: Processes & behaviors, personal assets and protecting self from negative effects of stressors
- Tutorial: How to master mental toughness and thrive
- Homework: work on portfolio, personal profile

Day 5 - Group sharing effective strategies

- Lecture: open podium for topics on request
- Tutorial: open podium for topics on request
- Homework: Hand in portfolio

Preparation: before starting the course various online tests and documentation will be sent to all participants. Because the results will be discussed in class in week 1 it is important to have the filled in questionnaires before the program starts. The questions are various psychometric tests measuring your before and after the course styles and stress levels.

Learning objectives:

- ❖ Identifying triggers of stress
- ❖ Identifying coping styles
- ❖ Analyzing the effectiveness of coping styles
- ❖ Developing resilience in stressful situations
- ❖ Subjective focus on an individual level

Examination: Personal portfolio of stress causes and, active participation in all modules, filling in & discussing all psychometric tests.

On or offline activities: This course can be run both on and offline in case of freedom restrictions.