



Course offer in WS 2019/20 Mindfulness-Based Stress Reduction for OVGU, MPI and IFF employees

Occupational health management program
in collaboration with the TK



Dealing with Stress through Mindfulness

Otto von Guericke University Magdeburg, the Max Planck Institute and the Fraunhofer Institute IFF intend to an occupational health management courses on “Mindfulness-Based Stress Reduction (MBSR)” in collaboration with the Techniker Krankenkasse starting in February 2020. These will be a crash course for employees who would like to deal with stress and unpleasant situations more effectively. Enrollment is open to all three organizations’ employees.

The course provides attendees an opportunity to integrate tranquility, equanimity and respite in their daily routine. Mindfulness means attentively and consciously experiencing what actually is at any given moment without becoming mired in obstacles, brooding, memories or plans for the future.

A mindful lifestyle makes it possible to understand personal needs, desires and behavioral patterns more deeply in daily routines. As a result, stress and stressful situations are dealt with more equanimously. They are recognized faster and frequently also dealt with more constructively. As individuals’ awareness grows, many of them experience the desire to change their own life on a long-term basis and to organize it with less stress.

The first step toward this is always to become aware of what is first. Only then can we respond to stress appropriately and effectively.

Course Content

The course consist of eight weekly classes (2.5 hours) and one practice day (6½ hours), which will be held on one weekend scheduled in consultation with the attendees.

Key elements of the course are exercises for mindful awareness of the body at rest and in motion as well as meditation, discussion and dialogue. Scheduled classes include group practice and address a key topic (e.g. dealing with difficult feelings, stress theories, communication) in a presentation and dialogue.

Attendees should schedule approximately 15 - 30 minutes for daily exercise every day between scheduled classes. Individuals must experience mindfulness exercises personally and integrate mindfulness in their everyday work and private life to benefit from the course properly. Attendees will be given a course manual and instructions for exercises at home in a downloadable mp3 file or on a CD.

Informational afternoon beforehand

Two informational events for interested individuals where the actual enrollment will take place will be held before the course starts. The instructor Ms. Weise will provide further information on the mindfulness course’s content and schedule there.

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| <i>Informational event 1:</i> | Wednesday, November 20, 2019, 4:00 – 5:00 p.m. at MPI Max Planck Institute I Sandtorstr. 1 I “Prigogine” Room (V0.05-2+3) |
| <i>Informational event 2:</i> | Wednesday, November 27, 2019, 4:00 – 5:00 p.m. at MPI Max Planck Institute I Sandtorstr. 1 I “Prigogine” Room (V0.05-2+3) |

You must attend the informational event to enroll in the course!

Organizational information about the scheduled courses

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| <i>Instructor:</i> | Dipl.-Psych. Anja Weise MBSR-Instructor |
| <i>Course schedule:</i> | 8 scheduled classes of 2.5 hours apiece + mindfulness day of 6.5 hours on one Saturday (scheduled in consultation with the attendees) |
| <i>Course times:</i> | February 5, 2020 – April 1, 2020; Wednesdays from 4:00 – 6:30 p.m. (no class on February 12, 2020 because of school holidays) |
| <i>Venue:</i> | Max Planck Institute I Sandtorstr. 1 I “Prigogine” Room (V0.05-2+3) |
| <i>Cost:</i> | The course is free to OVGU, MPI and IFF employees, regardless of their health insurance coverage. |

More Information about and registration for the informational event

| For OVGU employees | For MPI employees | For IFF employees |
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