



Strategies, Motivation, Health

Network Café – Welcome Center, University of Bremen

16 June 2021 – Dr. Nadine Binder

Image: Pexels



Build Your Inner Team

... exploring mindset and beliefs

Monthly Mini-Workshops

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

X ABC – Structure

- **A**rrive – get focused and fully present
- **B**uild – learn new strategies and deepen your skills
- **C**onnect – with others and enjoy social activities

~~17 February~~

~~17 March~~

~~21 April~~

~~19 May~~

16 June

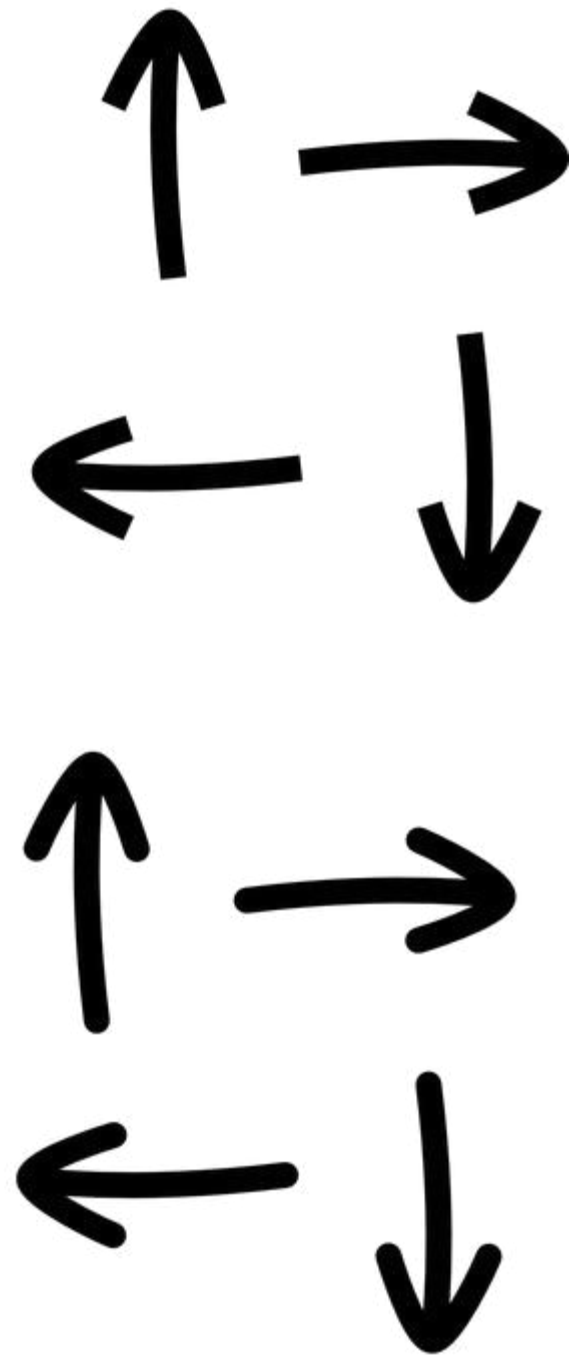
21 July

ARRIVE



Arrivals
Aankomst

Arrival Activity: Look Around





BUILD

Image: Pexels

What's our inner team?

X Inner voices (= beliefs) we have about ourselves and things around us (e.g., money, success, ...)

Inner saboteur (limiting beliefs)



Inner allies



Let's Play

https://www.youtube.com/watch?v=_bnnmWYIOIM&t=3s



Limiting Beliefs

- X Limit our perception
- X Might make us “overlook”, decline or ignore opportunities
- X Limit what we believe is possible for us
- X Form throughout life, reinforced by experience



Limiting Beliefs – Examples

X *“I am not good enough”*

X *“I am too old/too young”*

X *“I don’t have enough credentials/experience”*

X *“I am too quiet/too loud/too...”*



Limiting Beliefs as Self-Fulfilling Prophecies



Limiting Beliefs = Our Saboteur

- X “Sabotages” us by preventing us to explore more
- X Often also fulfills a function, e.g., trying to keep us safe
- X We can visualize our saboteur and learn more – to be able to identify when our saboteur is speaking and decide how to deal with that



Meet Your Saboteur

- X Find a comfortable position
- X Turn your attention inwards for this exercise
- X Choose your style:
 - Closed eyes, exploration in your mind and body
 - Open eyes, exploration through taking notes



Your saboteur

- What is the saboteur saying to you?
- What does the saboteur sound like?
- What does the saboteur want for you?
- How does the saboteur serve you?
- And what does it cost you?
- What does it look like?



Let's shake the saboteur off
and take a mini break

Empowering Beliefs

- X Strengthen our confidence and empower us
- X Make us more open to see opportunities and believe in ourselves
- X Allow us to align with our values and flourish



Empowering Beliefs – Examples

X *“I can do it”*

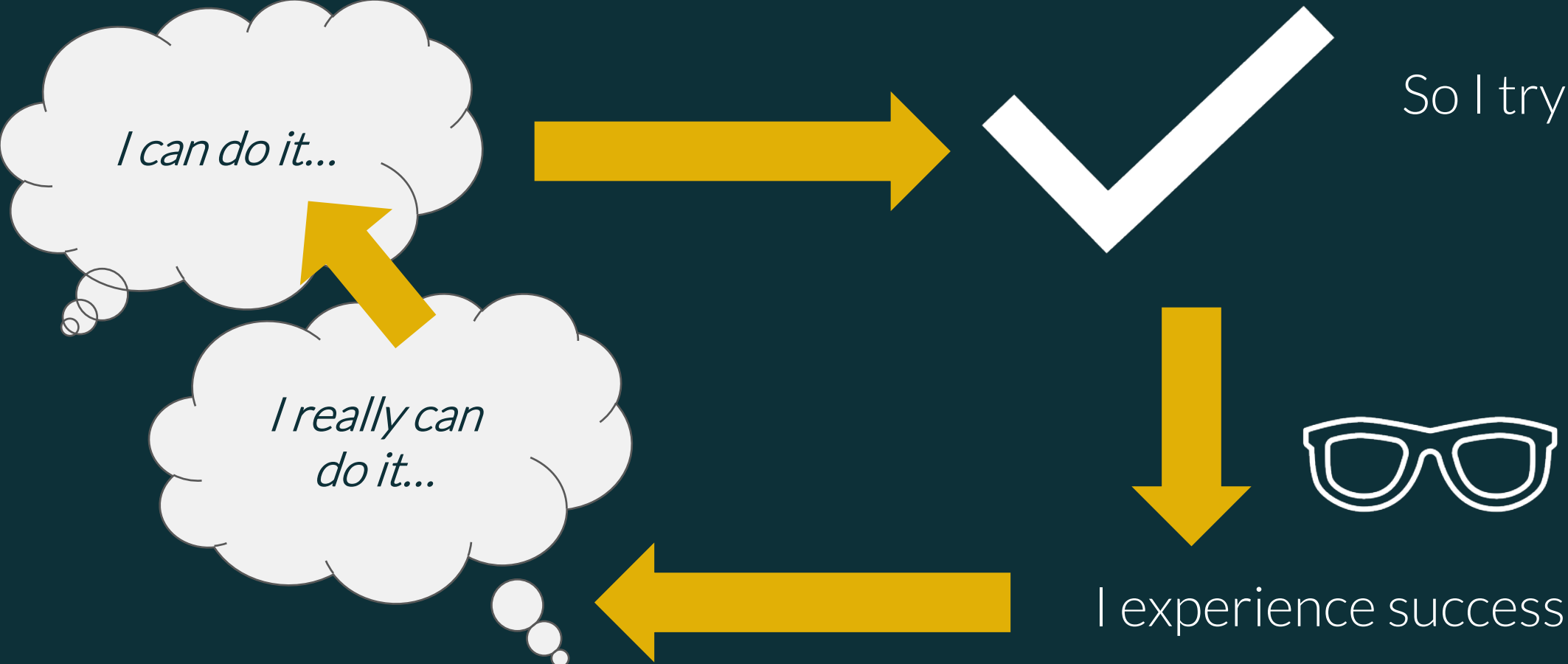
X *“I am strong”*

X *“Things will work out somehow”*

X *“I am calm and grounded”*



Positive Self-Fulfilling Prophecies



Empowering Beliefs = Inner Allies

- X Empower us to trust ourselves and be brave
- X Their exact shape, form and message depends on what we need to hear more often, e.g.:
 - Optimist
 - Zen master
 - Playful child
 - Curious puppy
 - Wise elder



Meet Your Inner Ally

- X Find a comfortable position
- X Turn your attention inwards for this exercise
- X Choose your style:
 - Closed eyes, exploration in your mind and body
 - Open eyes, exploration through taking notes



Your inner ally

- What is this ally saying to you?
- What does this ally sound like?
- What does this ally want for you?
- How does this ally serve you?
- What does it look like?
- How can you access this ally?

Use Your Inner Team

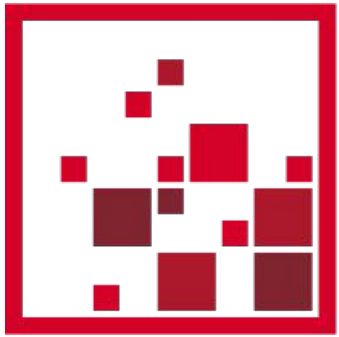
- ✗ Notice when the saboteur is speaking
 - Sideline it, put in a box, ...
- ✗ Consciously invite your ally or allies
 - Activate them when needed
 - Use objects, visuals, names for easy access





CONNECT

Support at Uni Bremen



**UBremen
Research
Alliance**

**Welcome
Center**



**UBremen
BYRD**

Early Career Researcher
Development

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:

- X Welcome Center – „Mental health“: <https://www.uni-bremen.de/en/research-alliance/welcome-center/health/mental-health>
- X BYRD – „Taking care of yourself“: <https://www.uni-bremen.de/byrd/promovierende/taking-care-of-yourself-gesundes-arbeitsleben>
- X WHM – More information on workshop series: <https://www.uni-bremen.de/en/dezernat2/workplace-health-management-whm/services-of-the-workplace-health-management-and-further-institutions/mental-health-impulse-workshops>
- X WHM – More information on mental health: <https://www.uni-bremen.de/en/dezernat2/workplace-health-management-whm/services-of-the-workplace-health-management-and-further-institutions/mental-health>

Emergency Services

X Telephone Counselling Bremen:

0800 - 11 101 11 (24 hours)

0800 - 11 101 22 (Catholic)

X Social Psychiatric Service Bremen

0421 - 800 582 10

(weekdays, from 8.30 am until 5.00 pm)

X Crisis Intervention Service (KID)

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

Stay in Touch with Nadine

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