



# Strategies, Motivation, Health

Network Café – Welcome Center, University of Bremen

21 July 2021 – Dr. Nadine Binder

Image: Pexels



# No Mud, No Lotus

... the power of cognitive reframing

# 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

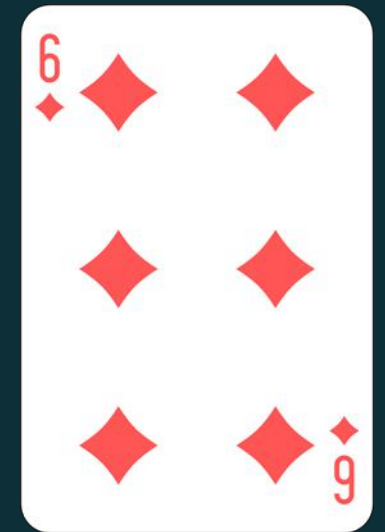
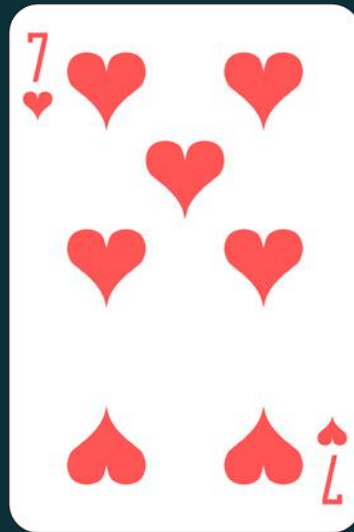
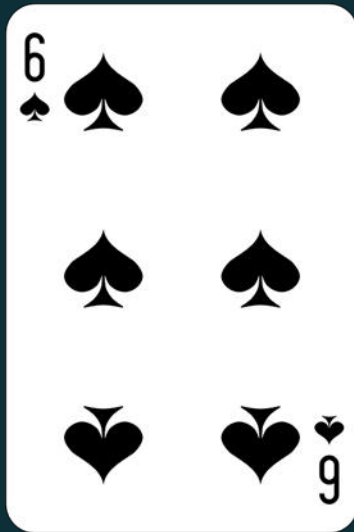
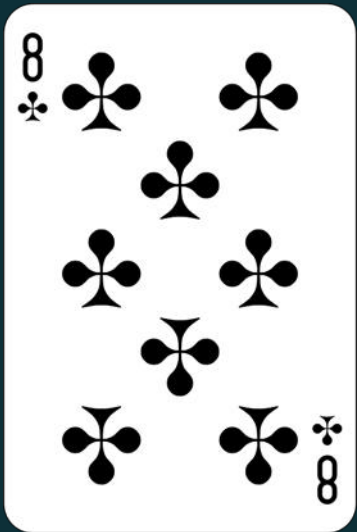
# ARRIVE



**Arrivals**  
Aankomst

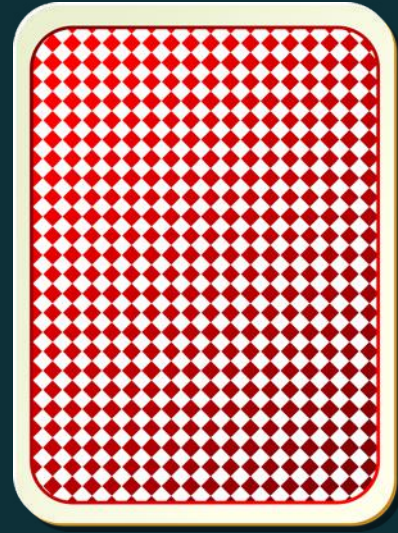
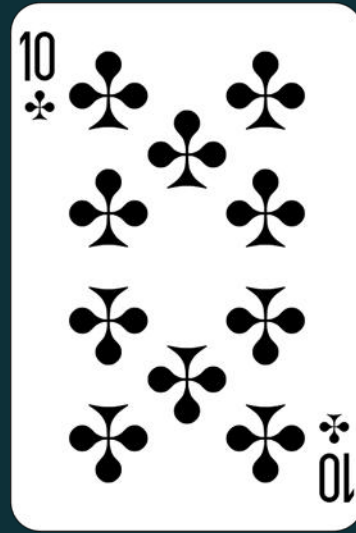
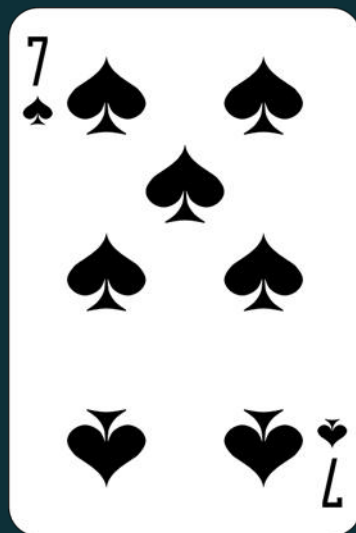
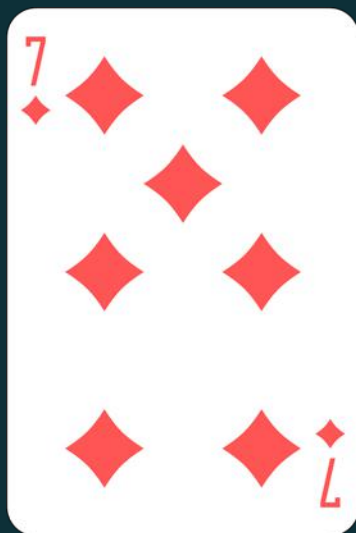
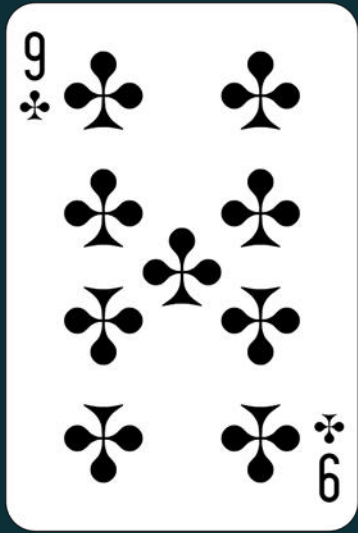
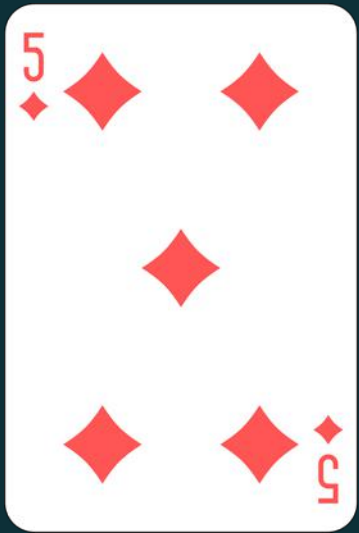
# Arrival Activity: Time for Magic

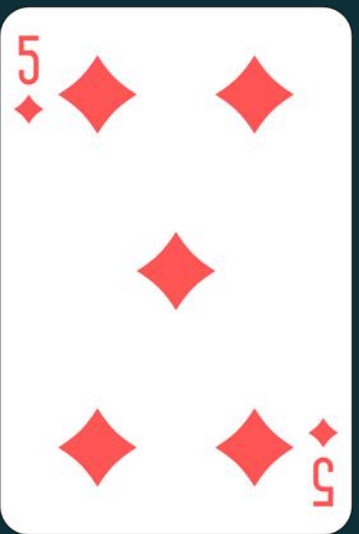
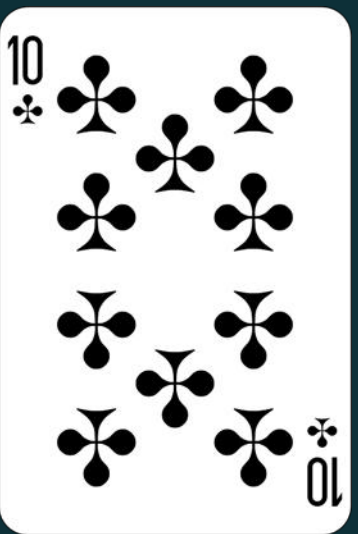
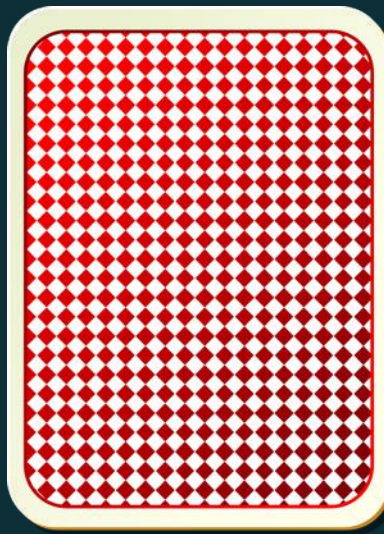
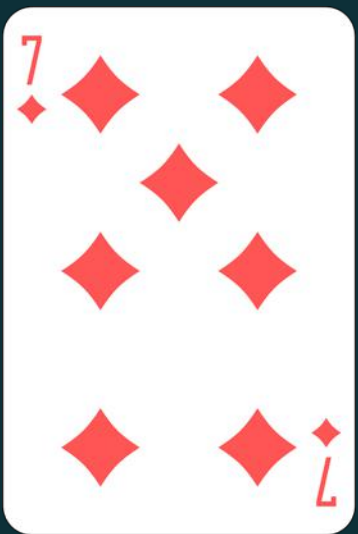
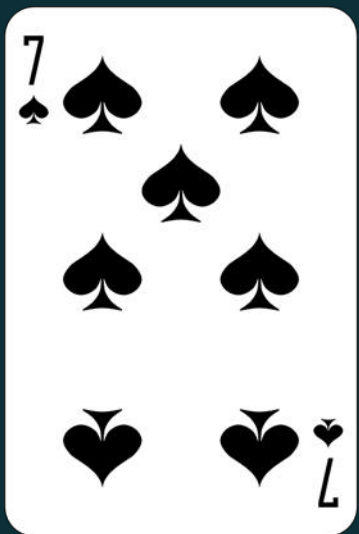
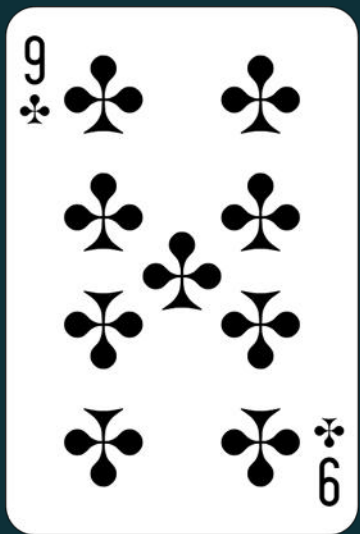
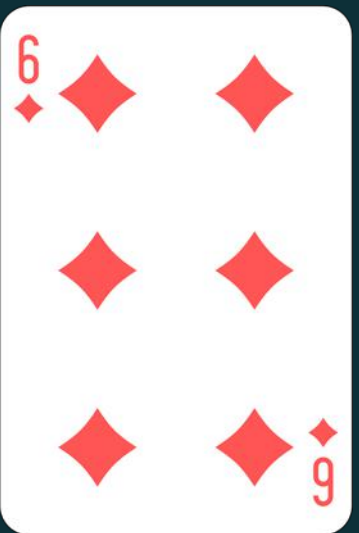
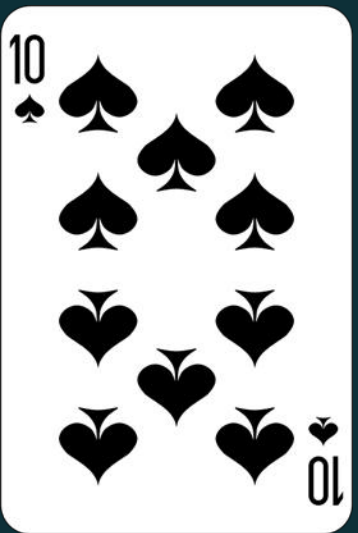
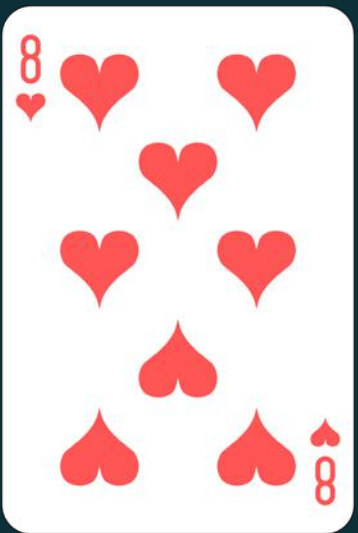
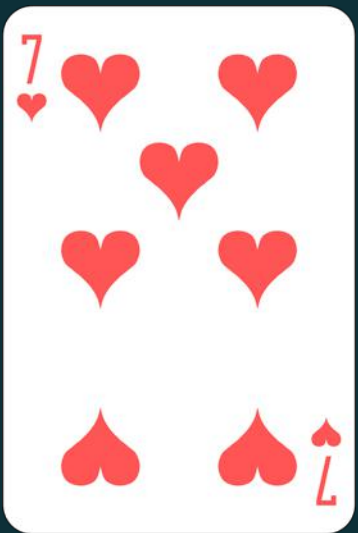
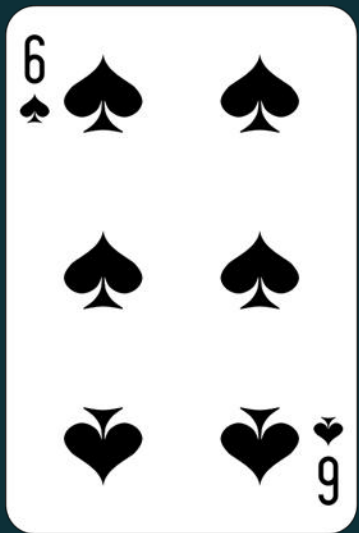
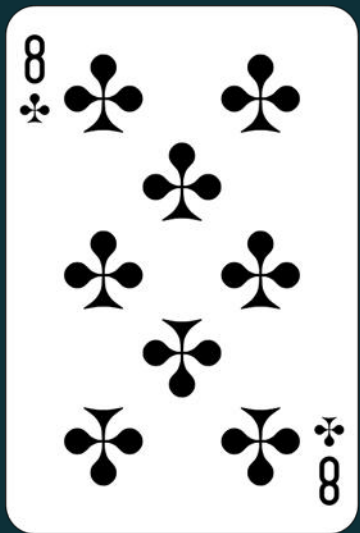
Quickly choose one card:





Is your card turned face down?







# Selective Perception ... & Perspectives

What is your perspective on failure?

*Finish the sentence in the chat:*


Failure is \_\_\_\_\_





BUILD

Image: Pexels



“Failure is an important  
part of your growth.  
Don’t be afraid to fail.”

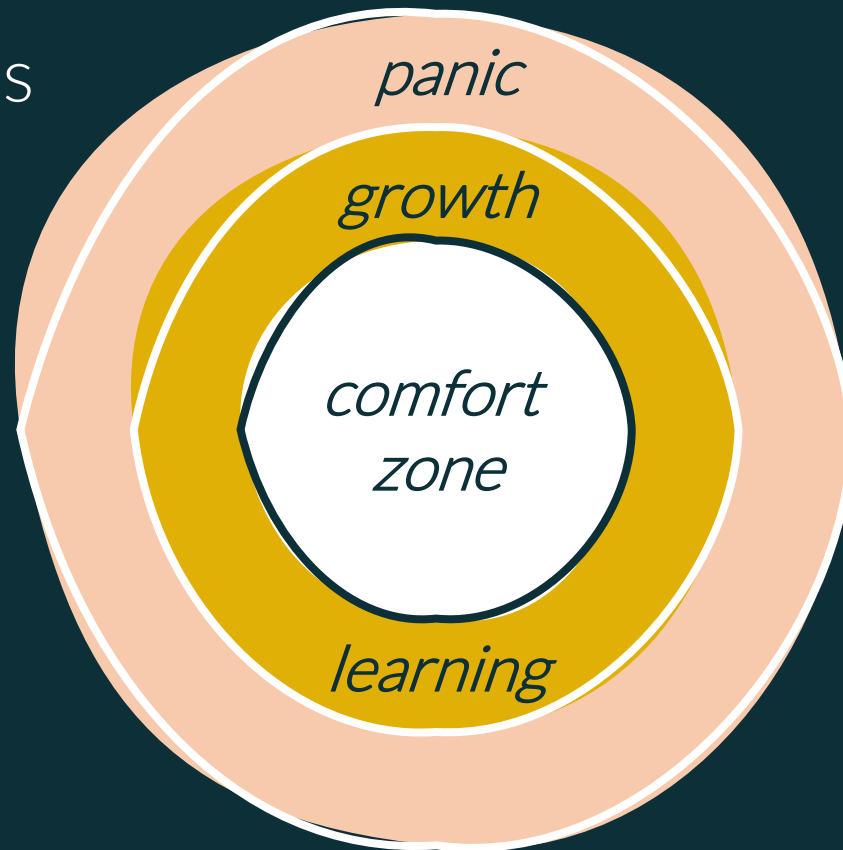
-Michelle Obama

# No Mud, No Lotus?

Lotus needs mud to grow

and we need challenges  
to grow

→ embrace challenge,  
failure & crisis  
as an opportunity  
to grow and prevent  
feeling overwhelmed



A perspective view of a long, dark tunnel. The tunnel is composed of many rectangular frames, each with a textured surface, receding into the distance. The frames are arranged in a way that creates a strong sense of depth and perspective. At the end of the tunnel, there is a bright, glowing light source, possibly an opening or a light fixture, which illuminates the path ahead. The overall atmosphere is mysterious and somewhat ominous.

Panic =  
Tunnel Vision

# Reducing Panic

A banner with the word "BREATHE" written in large, bold, serif capital letters. The banner is white with a dark border and is set against a dark green background.

B R E A T H E

Remember to breathe deeply – to reduce arousal

# Changing Perspective

Once we are out of the panic zone:

Your choice

Autopilot,  
Standard perspective

Invite reflection &  
new perspectives



# Tool: Inner Appreciator

## Cognitive Reframing

- X What is here for me to learn?
- X How will I feel about this in a year from now?
- X What am I grateful for?



THINK  
ABOUT  
THINGS  
DIFFERENTLY

Let's collect more  
useful questions



# USEFUL QUESTIONS FOR REFLECTION + REFRAMING

What can I learn from this?

What is really important to me?

Why not keep striving until the end?

What do I not know?

What would my best friend think about it?

Or what would I tell my best friend, if it happened to them?

What's my story in the long run? Feedback's gives others a better edge.

What was my initial motivation?

If I give up today and assume defeat. Will I regret the experiences that I've gained?

How will I feel about this in a year from now?

Will I share this story in a few years, late at night, in a pub, laughing about it? Isn't this a great "war story"?

Who is there by my side?

What am I grateful for?

Why did I panic? Did I make assumptions that seemed to be true?

Does one bad experience REALLY make me a "loser"?

Do I really have a problem at this very moment? Or is it more a problem in my imagination/future that I am expecting.

Am I panicking because I'm comparing my success/failure against others'?

Who is actually judging me? Maybe no one?? :)

What is the worst that can happen? Would it be so bad?

What is the worst thing that could happen if I've failed?

Did I have panic situations before? What happened in the end? Did the sky fall?

How did I manage to be successful so far?

How have I solved similar issues in the past?

# Useful Questions (in list form)

- X What can I learn from this?
- X What is really important to me?
- X Why not keep striving until the end?
- X What do I not know?
- X What would my best friend think about it?
- X Or what would I tell my best friend, if it happened to them?
- X What's my story in the long run? Feedback's gives others a better edge.
- X Will I share this story in a few years, late at night, in a pub, laughing about it? Isn't this a great "war story"?
- X How will I feel about this in a year from now?
- X Who is there by my side?
- X If I give up today and assume defeat. Will I regret the experiences that I've gained?
- X What was my initial motivation?

# Useful Questions (in list form)

- X What can I learn from this?
- X What am I grateful for?
- X Do I really have a problem at this very moment? Or is it more a problem in my imagination/future that I am expecting.
- X Why did I panic? Did I make assumptions that seemed to be true?
- X Does one bad experience REALLY make me a "loser"?
- X How did I manage to be successful so far?
- X What is the worst that can happen? Would it be so bad?
- X Am I panicking because I'm comparing my success/failure against others'?
- X Did I have panic situations before? What happened in the end? Did the sky fall?
- X Who is actually judging me? Maybe no one?? :)
- X How have I solved similar issues in the past?
- X What is the worst thing that could happen if I've failed?



This image comes from the May, 2021 article “Lucha Libre, Yoga, Dancing: Welcome to Mexico City’s Vaccination Sites.” The article details efforts in Mexico City to calm elderly residents, who were arriving “really scared” at vaccination sites.

City officials cued up bands and masked wrestlers as entertainment.

<https://www.nytimes.com/2021/05/09/learning/whats-going-on-in-this-picture-may-10-2021.html>

# Tool: D.I.V.E.

X Describe

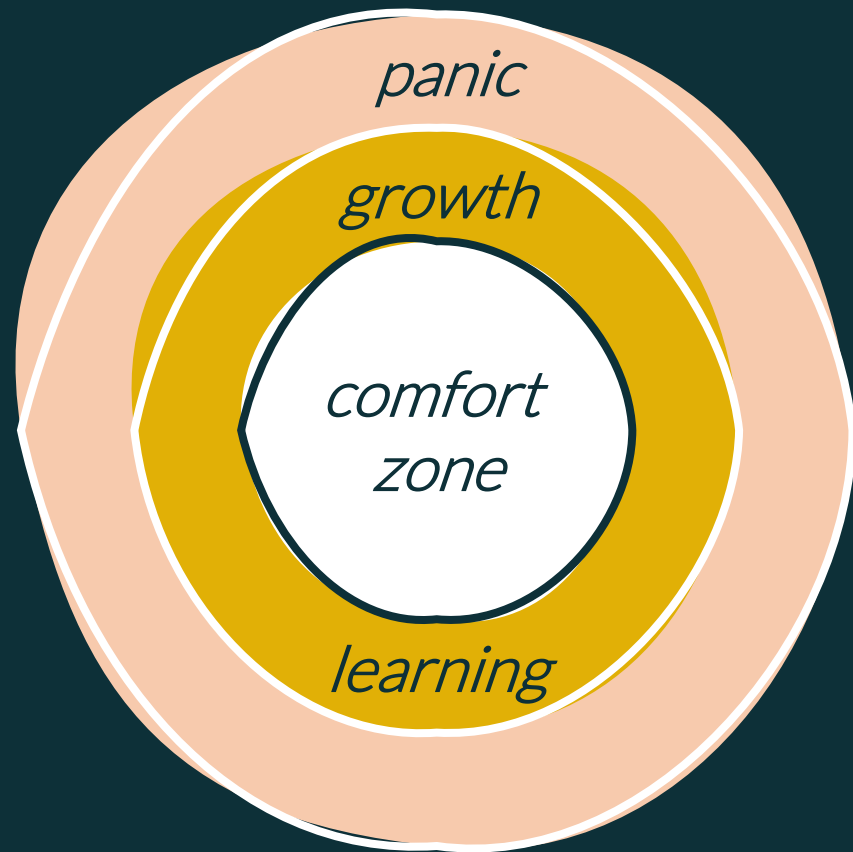
X Interpret

X Verify

X Evaluate



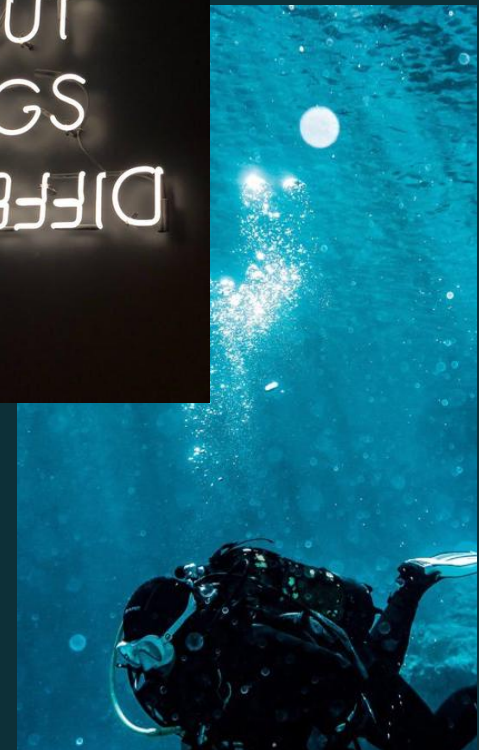
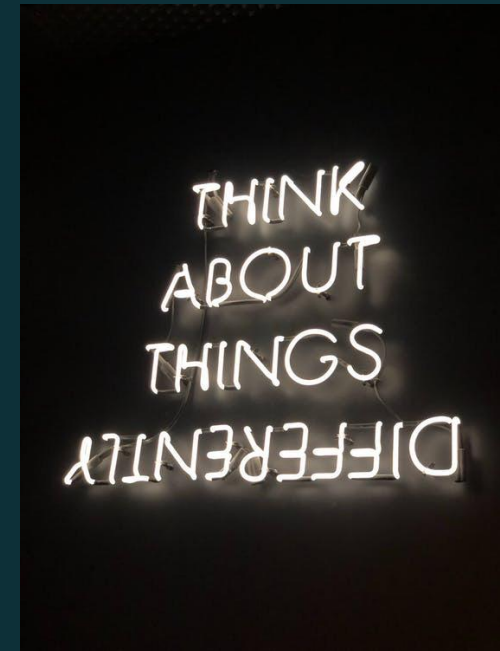
# Bringing it Together



*Reduce panic /  
breathe*

*Invite reflection*

*Ask curious  
questions and  
allow your  
perspective to shift*





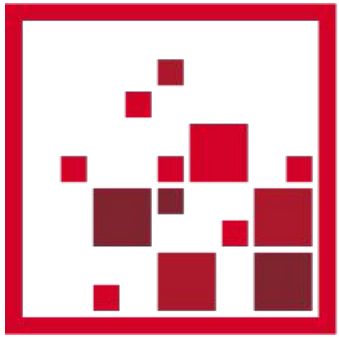
CONNECT

# Recommended Books (from the chat)

- X Barbara F. Schaetti, Sheila J. Ramsey, & Gordon C. Watanabe (2008). Making a World of Difference. Personal Leadership: A Methodology of Two Principles and Six Practices.
- X Daniel Kahneman. Thinking, Fast and Slow.
- X The Four Agreements: A Practical Guide to Personal Freedom by Don Miguel Ruiz
- X There is a book called Non violent communication
- X I really found this book on talking to your child and acknowledging his/her feelings very inspiring and helpful - to all kinds of human relationships: "The Book You Wish Your Parents Had Read (and Your Children Will Be Glad That You Did)" by Phillippa Perry
- X Das Kind in dir muss Heimat finden from Stephanie Stahl is also very good



# 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

X [Nadine@nadinebinder.com](mailto:Nadine@nadinebinder.com)