

Activities Vital Minds: Healthy University Week 2022

Grip on your work

Marion Miezenbeek, senior career & employability coach organizes 2 mini workshops Grip on your work; one online in English and 1 live meeting in Dutch.

This workshop is especially suited for employees who:

- do not obtain energy from their tasks
- feel little connection to work
- suffer from procrastination due to a lack of motivation or a mismatch to certain tasks
- experience that tasks are stressful
- experience work stress due to several causes

Workshop Programme:

- Theory of workflow and work design
- inventory of flow versus un-flow (individually and in groups)
- examples of work hacks including categories
- creating your own work hacks and sharing them
- finding a buddy and practice at work

Early recognition of Imbalance

Carine de Vries, company doctor, organises 2 workshops Early recognition of Imbalance

In order to promote sustainable health and employability, it is important to recognize signs and complaints at an early stage and to take action. By intervening in time, health problems and failure can be prevented in a number of cases. That is why a workshop has been developed that deals with early recognition of imbalance.

Goal

Early recognition is not easy. Imbalance can manifest itself in psychological complaints, physical symptoms, an increase in symptoms of existing disorders or changes in behaviour. It is important to be alert to signals and to talk about them. We will work on how you can do to recognize imbalance at an early stage and to talk about it with each other. The workshop is mainly about recognizing which signals are important, how you can sound the alarm and which measures you can take.

The following topics are covered:

- Balance load – load capacity
- Early signs of imbalance
- Recovery curve
- Mechanisms of misunderstood imbalance

The power of food

Professor Doctor Hanno Pijl, endocrinologist, organises an online lecture on The power of food and nutrition, after which you can ask your questions and start a conversation.

Food and nutrition is one of the most influential factors on our health and vitality. The choices you make about your diet every day, several times a day, have a direct relationship with your health and vitality. Want to know more? Pose your question to Hanno Pijl and start a conversation.

Workshops developed by students intended for employees of Leiden University

1. Journey to Balance: Encouraging work-life balance – English

Do you struggle to separate work from your personal life?

Do you feel like you don't have enough time to do the things you enjoy?

Join our interactive workshop where we discuss the importance of maintaining work-life balance. Learn about the benefits of setting boundaries between work and personal life and get tips on time- and stress-management.

2. 'Alcohol, viewed soberly'

Leiden University employees are cordially invited to participate in this interactive workshop where stress-related alcohol consumption is the topic. During this meeting, among other things, the fables and facts surrounding the health benefits and risks of alcohol consumption are discussed, as well as the guidelines of the Netherlands Health Council and the empirical research findings on which they are based. In addition, we will talk to participants about the individual and collective factors underlying the need to consume alcohol, as well as the factors that contribute to making different choices. Participants will also receive a semi-structured alcohol diary with which, after the intervention, the self-formulated goals, alcohol consumption, and stress levels can be monitored. Of course, the tools provided during this intervention based on behavior change techniques that are proven to be effective, specifically in the field of stress-related alcohol consumption.

3. Game up your Diet - English

"Are you ready to be delighted, educated, and have some fun? Then come to our healthy eating workshop which is nothing like you expect and much more. We created an interactive workshop for you where you can learn about nutrition and get some tips about how to implement them in your busy work schedule! "

4. Sound Sleep, Sound Mind: Modern Struggle and Science

Today most of us know about the importance of sleep and the impact that a lack of sleep can have on our daily functioning and well-being. However, we know how difficult the practical implication and resolution to prioritize sleep may be. Our workshop aims to provide you with in-depth knowledge but also introduce you to practical tips, foster self-exploration and provide guidance in developing a healthy sleep hygiene and habit to bridge the gap from

knowledge to implementation.

5. Sedentary Behaviour

You may have heard that sitting is the new smoking, right? 😊

The MOVEMENT workshop

We are 4 master's students of Health and Medical Psychology who have an interest in how people can make their lives a little better and healthier. Do you also spend most of your working day sitting down? And have you ever heard that sitting is the new smoking?

Then come to our workshop! You will get information about sitting behavior and what this often repeated sentence actually means. During this workshop discover fun and ways to reduce sitting down during your workday!

Sports and relaxation workshops during HU week 2022

Boxing

Boxing, the sport that has it all: power, speed, insight, suppleness and stamina. Due to the way in which boxing is taught at the USC it is open to everyone.

Both men and women, from beginner to advanced athlete. The boxing is on each other's gloves, not to the face. Beat stress and go boxing. An intense boxing training really allows you to forget your everyday sorrows. It makes your body feel good and is spiritually uplifting.

Breath work

You can think of breathwork as active meditation. The result is often the same: there is more peace and space in your head. Meditation often involves sitting still, unlike breathwork where you actively breathe. Basically breathwork doesn't have much in common with yoga because you don't practice yoga poses. Yoga has its own breathing techniques, pranayama, which are sometimes comparable to connected breathing.

Meditation

Learn different forms of meditation and find out that meditation is not fuzzy.

Get to know techniques that you can also apply at home and that will contribute to more relaxation, creativity and awareness in your daily life.

Mindfulness

During this workshop you'll be taught mindfulness and yoga techniques which can serve as tools to help you maintain balance in your life. You will also learn to recognize when your levels of stress are rising. Of course stress and tension are a part of everyday life, but they shouldn't control your life. By using these techniques you'll learn to recognize signs of stress and learn to change your behavior in a positive way.

Pilates

Balance your body. In a very controlled way you strengthen the muscles of your core to improve your posture and increase your body awareness.

Urban Bootcamp

High Intensity Interval Training, powerful explosive movements and short breaks alternate. During this full body workout, you'll do many exercises with your own body weight, including pushups, squats, burpees and planking.

Yoga

A quiet form of yoga in which postures are held for a few minutes so that the muscles can relax. A nice exercise for those who sit a lot.

Zumba

Dance like no one is watching on cheerful Latin music. The movements are easy to follow, so let go of your hips.