

# TAKING CARE FOR YOUR WELL-BEING

## On-line workshop in English



We often forget about taking care of ourselves and our well-being.

If this happens too often, discontent and fatigue begin to accumulate, which can lead to burnout.

Mental health is an important factor in everyday life. In the current situation of epidemic, it is quite understandable that we are feeling anxious and that it is more difficult for us to fulfill our tasks and pursue our goals.



### WHEN

Thursday, 23rd April 2020  
16.00 –19.00 with a break



### WHERE

Zoom



### REGISTER

till 22nd April

Being able to cope with stress and burnout can make it easier to function in everyday life. It's easier to be creative, to learn, to try new things and to meet challenges.

The goal of the workshop **is to learn prevention and self-help in managing the stress response.**

You will learn about:

- how to reduce or eliminate the effects of stress,
- simple techniques that can be used in a wide variety of situations,
- why emotions fluctuate and how we reduce the negative emotional response.

We invite the participants to submit up to three questions or topics related to the workshop by April 20. Please send your questions to: [tamara.boh@uni-lj.si](mailto:tamara.boh@uni-lj.si).

The workshop will be in English

The workshop is going to be carried out by **Tina Bončina, dr. med., psychotherapist.**

**Due to the nature of the workshop, the number of participants is limited.**

**Additional information:** Tamara Boh, [tamara.boh@uni-lj.si](mailto:tamara.boh@uni-lj.si)