



we♥diversity

#SeeTheUnseen – Mental health in studies, teaching and everyday work at the University of Siegen

Program

Monday, May 17 to Friday, 21 May

Digital Diversity Week 2021 #SeeTheUnseen

Mental health in studies, teaching and everyday work at the University of Siegen

Contribution of the University of Siegen to the 9th German Diversity Day
Diversity Charter #FlaggeFürVielfalt #DDT #VielfaltVerbindet

As a signatory of the Charter of Diversity, the University of Siegen will again fly the #FlaggeFürVielfalt in 2021 and will participate in the 9th German Diversity Day with a diverse digital program.

Under the motto **#SeeTheUnseen**, the invisible will be made visible over a week through a variety of events on the topic of mental health in virtual space.

Mental health is an essential prerequisite for quality of life, productivity and social participation. Impaired mental well-being is mostly invisible to outsiders and is still considered taboo. According to the study *beeinträchtigt studieren - best 2* by the German National Association for Student Affairs (*Deutsches Studentenwerk*), 53% of all students suffering from health impairments have psychiatric or mental health conditions. This represents the largest proportion of health impairments among students. In addition, the number of sick days due to mental health problems has risen sharply in recent years. They now represent the third most frequent cause of sickness-related absence from work. It is not uncommon for psychological impairments to be caused by stress, pressure to perform or fear of failure at university or at work - especially under the conditions of the Corona pandemic, which are new to everyone. The accompanying challenges such as isolation and loneliness, family stress and excessive demands due to compatibility problems caused by remote work, homeschooling and care work, fears about existence and the future, as well as concerns about one's own health and the health of those close to one, put the mind and soul to a hard, unprecedented test.

All this is reason enough to turn your attention to the multifaceted topic of mental health as part of the Diversity Week, in order to make a contribution to making the invisible visible. In the enclosed program you will find a wide range of events, workshops, training sessions and lectures. The program is generally aimed at all university members and citizens in the region who are interested in this topic. Following consultation with their respective superiors, employees of the university are permitted to take part in individual events during their working hours, provided that there is no conflict of interest.

We are looking forward to welcoming a host of diverse and interested guests and wish you a very enjoyable time at the Diversity Week!

Gez.



Prof. Dr. Alexandra Nonnenmacher
(Prorector for Education)



Katharina Miketta
(Diversity Policies Officer)

and the events team for the Diversity Week 2021

Monday, May 17 IDAHOBIT*

This year's Diversity Week kicks off with IDAHOBIT*. This abbreviation stands for the International Day Against Homophobia, Biphobia, Interphobia and Transphobia. The asterisk marks all gender-marginalised people affected by discrimination who do not feel that they belong to the aforementioned groups of people. IDAHOBIT* is celebrated every year on 17 May and addresses the discrimination that people are exposed to on a daily basis and worldwide whose gender identity deviates from the binary system or whose sexual orientation does not correspond to heteronormativity. These processes of stigmatisation are also often invisible to third parties and affect the (mental) health of those affected by experiences of exclusion. Keep an eye on the [Equality website](#) to find out what information we are providing around the Day of Action for interested parties to ensure more visibility of the issue!

**Time: Tuesday, 18.5. &
Wednesday, 19.5. From 9.00am**
plus optional teaching consulting.
Dates by arrangement

Tuesday, May 18

"Staying calm despite stress – Effective stress management in everyday teaching with a focus on time and task management."

In this practice-oriented workshop offered by the Center of Academic Teaching and held by Dr. Peggy Fischer, teachers will learn to deal with everyday stress by consciously using the time available. In addition to helpful tools and techniques for self-organization, they will also learn balancing stress management methods for mental relaxation. Motto: „Work smarter, not harder!"

Location: ONLINE (The access data will be announced by the organizers after registration)
A maximum of 12 seats are available. Please register* via: hochschuldidaktik@zfh.uni-siegen.de
https://zfh.uni-siegen.de/zertifikatsprogramm/programm/einladung_gelassen_bleiben_trotz_stress_2021.pdf

**Time: Tuesday, 18.5.
9.00am – 10.30am**

"Mindfulness Workshop - Academic Writing"

Do writing tasks for your studies (e.g. term papers, exposés, research reports or dissertations/theses) cause you to feel stressed or anxious? Do you already feel helpless and overwhelmed by the thought of writing a longer scientific text? Whether you are still at the beginning of your studies or are already in the middle of your dissertation/thesis, in this workshop, teachers of linguistics with a focus on writing support (Dr. Sonja Sälzer & Ute Reimers) would like to demystify academic writing with you through concrete mindfulness exercises. The newly gained knowledge and exercises from this workshop can then be used strategically in future situations, and you will be able to face new writing tasks with more confidence.

Location: ONLINE (The access data will be announced by the organizers after registration)
Please register* by 11.5 via: reimers@anglistik.uni-siegen.de

Time: Tuesday, 18.5.
10.00am – 1.00pm

"Mental balance in work and everyday life"

Special measures help to counteract the psychological stress at work and in everyday life and strengthen your resilience. The Occupational Health and Safety Department of the University of Siegen will be happy to advise you together with our cooperation health insurance company at our information stand about the possibilities of targeted health promotion.

Location: ONLINE (The access data will be announced by the organizers after registration)
Please register* by 14.05 via: sabine.troester-mueller@zv.uni-siegen.de

Time: Tuesday, 18.5.
1.00pm – 3.00pm

"Mentally fit through primary education studies"

From enrolment to the successful completion of a master's thesis, a study program is a new stage in a student's life and brings with it many challenges that are not always easy to master. As a learning support service, we want to be available for the duration of your studies in a supportive and advisory capacity, and on this open OASE day we will present our various (extra-) curricular events that can help you to get through primary education studies without major difficulties or psychological stress.

Location: ONLINE. The access data are available at:
<https://www.bildung.uni-siegen.de/grundschule/oase/>

Time: Tuesday, 18.05.
Begin at 6.00pm

Self-regulation while working and studying from home

During the corona crisis, both studying and working are mostly done from home. At the same time, options for leisurely activities are severely limited. In this talk, Prof. Dr. Marie Hennecke will discuss how to deal with the blurring of boundaries between the fulfillment of one's duties for work and for one's studies, making it harder to arrange and enjoy one's leisure.

Prof.' Dr.' Alexandra Nonnenmacher (Prorector for Education) will officially open the Diversity Week 2021 with a greeting from the Rectorate during this psychological lecture.

Location: ONLINE (The access data will be announced by the organizers after registration)
To register, please click here: [LINK Registration!](#) You will receive the access data soon.

Wednesday, May 19

Time: Wednesday, 19.5.
10.15am – 10.45am

Relaxation – How does it work?

Everyone knows and experiences stress. But becoming rampant it can cause sickness. A proven antidote is relaxation. Unfortunately, this term has frequently become a foreign word in our modern world or is misinterpreted as time spent in front of the television. The good news is: Active relaxation can be learned, and it helps to stay calmer in stressful situations and to reduce physical-emotional arousal. In this short lecture by Alexandra Ragaller (*Zentrale Betriebseinheit Sport und Bewegung*) and Micha Sommer (*Kreissportbund Siegen-Wittgenstein*), you will get an overview of the causes and effect of stress and learn how to become more stress-resistant through relaxation exercises. If you would like to, you can try a relaxation exercise directly afterwards. In this case be sure to register for the PMR workshop.

Location: ONLINE (The access data will be announced by the organizers after registration)

Please register* by 18.05.2021 via:

https://buchung.sport.uni-siegen.de/angebote/SoSe_2021/_Entspannung_-_Wie_geht_das_.html

Time: Wednesday, 19.5.
11.00am – 11.45am

Introduction to Progressive Muscle Relaxation (PMR)

Progressive Muscle Relaxation (PMR) is a procedure for relaxation and stress reduction recognized by health insurance companies. In this workshop, Alexandra Ragaller (*Zentrale Betriebseinheit Sport und Bewegung*) and Micha Sommer (*Kreissportbund Siegen-Wittgenstein*) will give you a brief overview of PMR and how it is used. Afterwards, we will conduct a first session of Progressive Muscle Relaxation with all participants.

You will need: A soft surface or mat; a pillow or towel to put under your head; and if you are slightly cold, a light woollen blanket.

Location: ONLINE A maximum of 40 seats are available (The access data will be announced by the organizers after registration)

Please register* by 18.05.2021 via:

https://buchung.sport.uni-siegen.de/angebote/SoSe_2021/_Einstieg_in_die_Progressive_Muskelrelaxation__PMR_.html

Time: Wednesday, 19.5.,
open exchange between
12.00pm and 2.00pm

"Digital Mental Health Museum tour"

What do equality and inclusion have to do with mental health, what support is already available at the University of Siegen and what can still be improved here? And how do remote

work and lockdown affect the everyday university lives of people with disabilities, chronically ill people, the gender marginalized and families? The Equal Opportunities Office, the Family Service Office, FraMeS and the Service Office Inclusive University of Siegen want to answer these questions during a virtual museum tour, which can be visited the whole day, at any time. In addition, an open exchange about the virtual museum tour will take place from 12.00pm to 2.00pm. Interested people will be able to ask the parties all their questions.

Location: ONLINE (The access data will be announced by the organizers after registration)
Please register* by 16.05 via: projekte.gleichstellung@uni-siegen.de

Thursday, May 20

Time: Thursday, 20.5.
10.00am – 12.00pm

Mental Health in "Corontine"

The online semester confronts us all with an unfamiliar situation. Psychological crisis can arise when agency is severely restricted – as in the case of lockdown. In this workshop, Dipl. Psychologist Emine Selvi from the psychological counseling (*psychologische Beratung*) and Dr. Sonja Weber-Menges from the Office for Inclusion (*Servicebüro Inklusive Universität Siegen*) will discuss the different burdens with you. To understand the different burdens, Dipl. Psychologist Selvi will present a psychological concept. We will talk about stress management, self-management, and time management, as these competencies and skills are particularly important in the current situation. In addition, you will learn 10 strategies with exercises to manage your daily life and studies in these "corona times".

Location: ONLINE (The access data will be announced by the organizers after registration)
Please register* by 14.05 via: service-inklusion@uni-siegen.de

Time: Thursday, 20.5.
2.00pm – 4.00pm

Studying with mental stress at the University of Siegen

What about appreciation for people with mental disabilities at our university? Do they find an environment here in which they can study and work on an equal basis with others, without barriers? The lecture by Prof. Dr. Albrecht Rohrmann (Social pedagogue) will talk about the demands on and experiences with inclusion at the university based on professional input and students' reports.

Location: ONLINE (The access data will be announced by the organizers after registration)
Please register* by 18.05 via: <https://umfragen.uni-siegen.de/index.php/215944?lang=de>



Friday, May 21

Time: Friday, 21.5.
10.00am – 2.00pm

„Everything will be fine! Solutions for dealing with stress during your doctorate“

During your doctorate, high work demands with vague instructions for action and uncertain future planning are commonplace. This workshop, offered by the House of Young Talents and held by Michaela Klucken, sheds light on key stress factors and suggests methods that will lower your stress levels and support you during your doctorate.

Location: ONLINE (The access data will be announced by the organizers after registration)

The course is limited to 15 participants. Please register* via: www.uni-siegen.de/hyt/anmeldung/

*Please note that registration is binding.



Do you have any questions, or do you need help or support to participate in the program?
Then please contact us in advance at: diversity@uni-siegen.de

Supporting program

The Diversity Week is supported by the university-wide [challenge](#).



Note on data protection: Please note that no photos of the digital contents may be taken! Any materials will only be share by the organizers themselves and only on request. Please also note the Code of Conduct sent by the organizers for digital programs during the Diversity Week 2021!

Link to the Program: <https://diversity.uni-siegen.de/aktuelles/932836.html>



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