

T4: "Mindfulness and stress reduction in the workplace" *(in German only)*

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Individual health and satisfaction of employees in a company are key factors for the future. Due to an ever-increasing level of stress caused by a fast pace, increased workload, and information overload, mental and stress-related illnesses have become the leading cause of employee sick leave.

In an increasingly fast-paced world, it is important to develop methods that help recognise stress early, and break the cycle of stress.

But how can we deal with stress better? What actually happens to us when we experience stress? And what is mindfulness?

This is what you will learn in the tutorial.