

## IS 05 Psychological well-being and Health

### General Objectives

1. Promote the psychological well-being and health of the university community.
2. Prevent stress and burnout.

### Specific Objectives

1. Increase awareness of the harmful effects of stress and burnout syndrome.
  2. Encourage participants to adopt self-care strategies.
  3. Train participants in acquiring new strategies to preserve health and psychological well-being.
  4. Inform participants about health and psychological well-being programs at UCA.
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### Number of Sessions

It is proposed to hold five face-to-face sessions with a daily frequency, each lasting four hours.

- **Dates:** September 15th – September 19th, 2025
  - **Hours:** 9:00 AM – 1:00 PM
  - **Location:** Learning Space, Library, Faculty of Economic and Business Sciences, Cádiz Campus, UCA
  - **Address:** Calle Enrique Villegas Vélez, nº 2
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### Content

#### 1st Session: Monday, September 15th

**Title:** *Stress: Implications for Students' and Teachers' Psychological Well-being and Health*

- **Content:** Stress and work, role expectations, burnout, toxic and non-toxic work environments, self-care.
- **Material:** *Balance decision, SWAN.*
- **Practice:** Breathing, relaxation, and meditation exercises.

#### 2nd Session: Tuesday, September 16th

**Title:** *Emotional Regulation I*

- **Content:** Emotional awareness, understanding emotions, relaxation techniques.
- **Material:** *OASIS, ODSIS*, emotions' components checklist, emotions' arch.
- **Practice:** Breathing, relaxation, and meditation exercises.

**3rd Session: Wednesday, September 17th**

**Title:** *Emotional Regulation II*

- **Content:** Awareness, cognitive flexibility, active work breaks.
- **Material:** Self-recording of thoughts and physical sensations.
- **Practice:** Breathing, relaxation, and meditation exercises.

**4th Session: Thursday, September 18th**

**Title:** *Lifestyle & Psychological Well-being*

- **Content:** Lifestyle, psychological well-being, PERMA model, therapeutic lifestyle changes, health promotion programs.
- **Material:** *Therapeutic lifestyle changes*.
- **Practice:** Breathing, relaxation, and meditation exercises.

**5th Session: Friday, September 19th**

**Title:** *Positive Psychology*

- **Content:** Positive affect, optimism, sense of humor.
- **Material:** Achievements journal, calendar of actions for happiness.
- **Practice:** Breathing, relaxation, and meditation exercises.

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## **Methodology**

The methodology will be theoretical-practical, with an experiential approach.

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## **Resources**

- Multimedia equipment and projector.
- Space with flexible furniture to facilitate breathing, relaxation, and meditation practices.
- Printed materials for participants.
- Healthy breakfasts.

