



ISC 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.

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

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.

Methodology

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

Resources

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

