

Dear colleagues,

Attached you will find current news and event note from the “Netzwerk Gesundheit”.

Against the background of the current health policy situation regarding the corona virus, which is developing very dynamically, we cannot yet estimate, if our events can take place as planned. Events may have to be canceled spontaneously/at short notice.

Please share this information with colleagues who do not have a computer access. If you have any questions or suggestions, please do not hesitate to contact us.

Best wishes,

Claudia Hildebrand & Andrea Stahl

**Coordination Netzwerk Gesundheit**

The healthy network includes various employees from the KIT who take care of the health needs from employees with the slogan “FIT IM KIT – Mit Körper, Geist und Seele” (fit at KIT – with body, mind and soul. <http://gesundheit.net.kit.edu>)

⇒ **Mobile working/ teleworking**

In view of the fact that many of us are working at home, we have put together a [few helpful tips](#) on the website of the Netzwerk Gesundheit on the intranet.

⇒ **Resilience/mental health**

19.10.2020 Seminar: Resilienz - die sieben Säulen innerer Stärke (resilience – the seven pillars of inner strength)

Resilience is the ability to cope successfully with burdensome situations. During the course the pillars of inner strength as requirements for resilience will be worked out together.

**For more information you can contact the team of Konfliktmanagement & Psychosoziale Beratung** <http://www.kmb.kit.edu/>

**Download recommendation:** „Warum nicht anders! Der Alltag als Übung“- The booklet by A. Lehne & M. Stolle ([HoC](#)) contains numerous exercises for reflection on self-contemplation and self-determination.

⇒ **Physical activity/ exercise**

**Currently, all university sports events and courses including the operation of the health center walk-in are suspended from Friday, March 13 to Sunday, April 19, 2020.**

**Aktivpause (Active break)** – As the courses cannot be expected to start at the end of April 2020, we are postponing the registration phase indefinitely. Here you find [clips and exercises](#).

**You don't want to miss out on your Aktivpause exercises, then try out the active break app.** The new SECUSO Privacy Friendly App "[Aktivpause to Go](#)" (unfortunately only for Android users) is available for free in the Google Playstore.

⇒ **Offer for executives**

06.10.2020 F<sup>3</sup> - Coaching-Tag: Vitalität und Balance (wieder-) entdecken im Einzelcoaching

14.-15.10.2020 Seminar: Führungsverantwortung gegenüber Mitarbeitenden in Lebenskrisen - Sucht

⇒ **Offer for administrative and technical staff**

06.05.2020 Workshop: Stress- und Druckbewältigung

16.06.2020 Coaching-Tag für Mitarbeiter/innen in Verwaltung und Technik: Work-Life-Balance und Achtsamkeit

24.06.2020 Stress- und Druckbewältigung im Einzelcoaching

29.07.2020 Coaching-Tag für Mitarbeiter/innen in Verwaltung und Technik: Work-Life-Balance und Achtsamkeit

14.10.2020 Stress- und Druckbewältigung im Einzelcoaching

29.10.2020 Coaching-Tag für Mitarbeiter/innen in Verwaltung und Technik: Work-Life-Balance und Achtsamkeit

⇒ **Offer for trainee**

AzubiFIT-Sportday – Now that the sports day on April 2nd, 2020 cannot take place, we hope to be able to continue the tradition on July 14<sup>th</sup>, 2020. Further information will follow.

⇒ **Offer for pregnant women**

15.06.2020 - 17.08.2020 Yogilates in der Schwangerschaft

⇒ **Offer for KIT-students and student assistants**

Current news and helpful information for students and student assistants you will find here:

<https://www.myhealth.kit.edu/>