

Mental Health Support Program for Academic and Administrative Staff

Paying attention to the body is one of the most important steps that can be taken by a person for mental health. Mind and body are connected. When you improve your physical health, your mental health also develops proportionally.

Istanbul Gelisim University offers various free trainings for academic and administrative staff throughout the year thanks to its physical and mental health development program.

These trainings are;-

Healthy Nutrition Courses: The complexity of nutrition makes it difficult to obtain sufficient and accurate information about healthy eating. Considering the close relationship between the foods we consume and our health, healthy nutrition course is an important resource for our academic and administrative staff to take steps to improve their physical health.

Courses for Exercises to Reduce the Effects of Stress in Daily Life: Exercising is a powerful antidote to stress, anxiety, anger and depression. The physical and mental health of the employees is supported by trainings for exercises which may be made to reduce the negative effects of stress in daily life.

Courses for Awareness on Harmful Habits such as Alcohol, Smoking and Substance: It is aimed to increase the awareness of academic and administrative staff on the subject through the trainings organized to increase the awareness on various substances having high harmful effects in the long term.

Nonviolent Communication Courses: Nonviolent communication, which is defined as a language of life, aims to prevent conflicts in the working environment and in the private life and aims to support individuals in their communications by understanding each other correctly.

Time Management Courses: Thanks to time management trainings, the efficient and regular work of academic and administrative staff free from stress and anxiety are supported.

Courses for Risk Based Thinking Techniques: Thanks to this training which aims to keep calm in decision-making moments and to make healthy decisions, to anticipate threats and to develop measures against these, the mental development of academic and administrative staff is supported.

Meditation Courses: Within the scope of this training, it is aimed to introduce our academic and administrative staff with meditation, which is the technique of resting the mind, and to support mental health by teaching this technique.

Quality of Psychological Environment Courses: The aim of this training is to improve the quality of the working environment, to meet the needs of academic and administrative staff and to improve their conditions.