



## **Mental Health, Stress- and Burnout Management Techniques for Colleagues in Higher Education**

In Buddhist teaching the so called Three Gates are very important to establish harmony. These are the body, speech or breathing and mind. To train all of them gives the possibility to be centred, learning to communicate with all the circumstantial effects and releasing stress.

Learning to train the Three Gates, training the body, training the breath and training the mind strengthens self-confidence and a way to study ourselves by way of developing mindfulness.

### **Day 1**

**10:00 – 10:30:**

**Registration**

**10:30 - 12:00**

Introduction of the trainer, the participants and their organizations. Key factors which influence our wellbeing. Three Gates as an education model.

**12:00 – 13:30**

The importance of the Three Gates in Buddhist teaching and in our daily life for gaining health, emotional and mental balance.

**13:30 – 14:20 COFFEE BREAK**

**15:00 – 17:00 Sightseeing tour in Budapest**

### **Day 2**

**9:00 – 10:30**

Body movement practice and introduction to the importance of finding balance between movement and non-movement, relaxation. Key factors for proper livelihood (sleeping, eating etc.)

**10:30 – 10:45 COFFEE BREAK**

**10:45 – 13:00**

Introduction of the different aspects of body sensations. Basic meditation practices, mindfulness of the body.

**14:00 – 17:00**

**Thermal bath experiences connected to body sensations**

### **Day 3**

**9:00 – 10:30**

Introduction to the function of breath on the body, emotional and mental levels.

**10:30 – 10:45 COFFEE BREAK**

**10:45 – 13:00**

Basic breathing methods for developing mindfulness and key factors for using breath in order to reduce stress.

**Individual work:** To put together a practice for enhancing flexibility of the Three Gates.

### **Day 4**

**9:00 – 10:30**

Introduction to the different approaches to define mind. Understanding the functions of mind.

**10:30 – 10:45 COFFEE BREAK**

**10:45 – 13:00**

Simple practices to develop awareness, observing the mind. Using the sensory functions for establishing presence and mindfulness.

#### **Day 5**

##### **9:00 – 10:30**

Understanding the relations between body, breath and mind. How to communicate to ourselves, how to communicate with others. Practices using together the Three Gates.

##### **10:30 – 10:45** COFFEE BREAK

##### **10:45 – 12:15**

Course Review. By the end of the course, the participants will have done a practice plan that can be used in their organisation.

Feedback and Closure

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