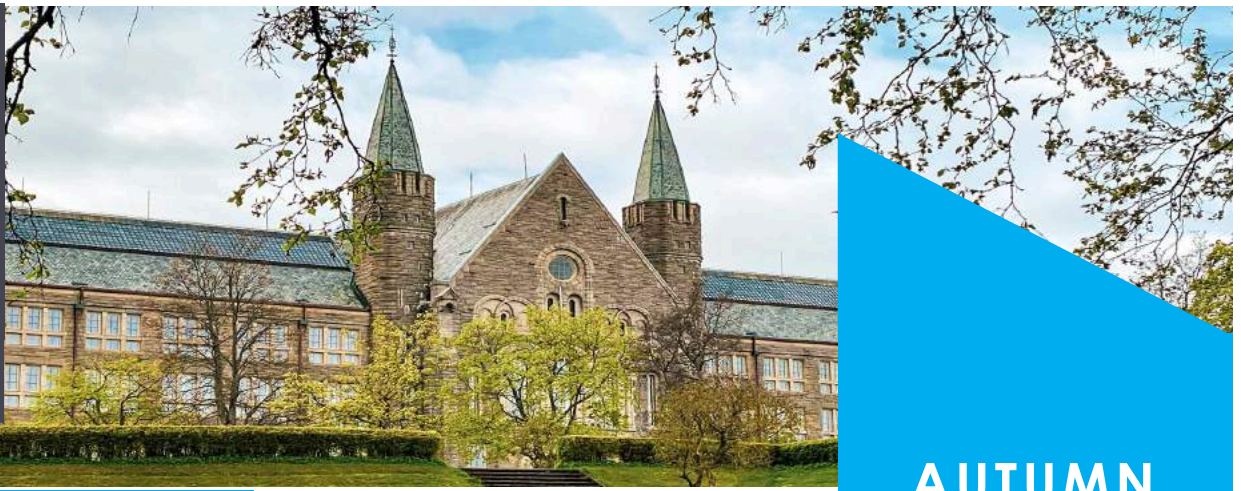


DION



DION MENTAL HEALTH AWARENESS WEEK

AUTUMN

2021

Trondheim

Ålesund

Gjøvik

DION MENTAL HEALTH AWARENESS WEEK MINDFUL TUESDAY NOVEMBER 2



PROGRAMME

FOR TRONDHEIM



REGISTER HERE

FOR GJØVIK



LIMITED SEATS!
SIGN UP TODAY!

DION MENTAL HEALTH AWARENESS WEEK

Inspiring Monday November 1 Trondheim 8.30-10.30 Breakfast Seminar Gjøvik 12.30 - 14.00 Lunch seminar	Engaging Thursday November 4 Trondheim 13.15-14.00 Bibliotherapy 18.30-21.00 Movie night Gjøvik 13.15-14.00 Bibliotherapy
Mindful Tuesday November 2 Trondheim Meditation workshop Gjøvik 14.30-15.30 Yoga for grounding and stress relief 16.15 Zen meditation	Feel happy Friday November 5 Trondheim 13.15-14.00 Improv workshop Gjøvik 18.00-20.30 Movie night
Move your body Wednesday November 3 Trondheim 14.00-18.00 Pilates/Zumba & Tai Chi workshop Gjøvik 18.30-19.30 Zumba workshop	

REGISTER HERE

NOVEMBER 1
TILL
NOVEMBER 5

DION MENTAL HEALTH AWARENESS WEEK MOVE YOUR BODY WEDNESDAY NOVEMBER 3

PROGRAMME

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DION

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PRE-WORD

Sunday 10th October was the World Mental Health Day. The theme was inequalities associated with mental health. In the wake of the pandemic, inequalities in mental health have increased. Many groups already suffering, got it worse. However, on the bright side, many leaders have recognized these issues. More resources are deployed globally to address the problem with inequalities, according to WHO, initiator of the World Mental Health Day.

For many of you, the last 18 months have been stressful. Some of the stresses have been due to factors affecting only some of you. But there are also several structural factors that is making academic life more stressful for almost all PhD-students and Post docs.

An increasing measuring culture across all academia, together with a growing academic precariat for temporary employees, have been addressed as two factors that severely reduces the mental wellbeing of PhD and Post docs. And the pandemic has made the situation worse.

However, there are some things we can do, and now is a great time to act. At the system level, NTNU is our employer and should ensure a good work environment for all employees. As an interest organization, we are communicating our needs upwards the organization. This would be a difficult task without all your suggestions, inquiries and questions. We are grateful for all of you who have been reaching out to us in DION.

On an individual level, we can be proactive, and try to boost our resilience. This is best done together. We are therefore happy to announce our own mental health week at the beginning of November.

You are most welcome to sign up and join us in the first week of November!

Martin Brattmyr
President DION



DION

NOV 1-5

DION MENTAL HEALTH WEEK

We are happy to announce DION 2nd year Mental Health Awareness Week, November 1st till 5th!

Join us for a week dedicated to your mental health and wellbeing. DION will organize and support a series of events across campuses to raise awareness about the mental health of PhDs, post-docs, and temporary scientific staff at NTNU.

This week, November 1st till 5th, will contain seminars regarding the services at NTNU, practical workshops providing guidance on how to manage stress, meditation and fitness techniques that can improve our overall well-being.

To attend, please register [here](#). Spots are limited!

Facebook: <https://www.facebook.com/DION.NTNU/>

Instagram: <https://www.instagram.com/ntnu.dion/>

Check-out our Program

Day 1: INSPIRING MONDAY

Trondheim (This event will be streamed for the other NTNU campuses.)

Breakfast seminar!

Dragvoll D131 [08:30 – 11:00]

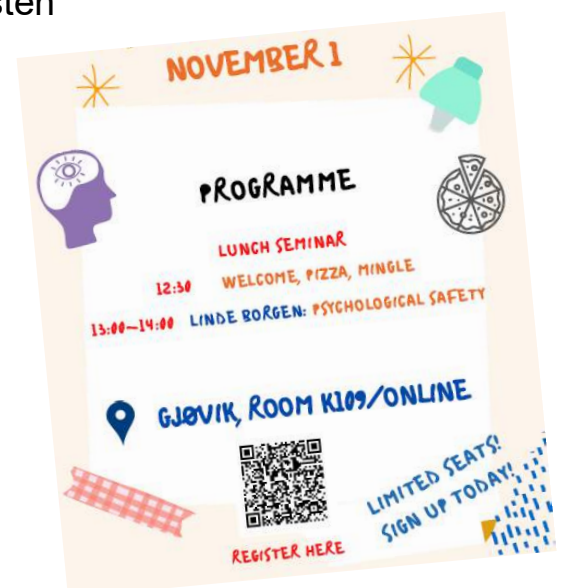
08.30 Welcome, breakfast mingle
08.45-09.00 **Martin Brattmyr**: Intro
09.00-09.15 **Marius Korsnes**: Imposter syndrome
09.20-09.35 **Silje Fladmark**: The Temporary Work Environment – one more thing that is your own responsibility
09.40-10.00 Pause
10.00-10.30 **Borgny Hedvig Wold**: Bedriftshelsetjenesten

Gjøvik (This event will be streamed for the other NTNU campuses.)

Lunch seminar!

K109 [12:30 – 14:00]

12:30 Welcome, Pizza, Mingle
13:00-14:00 **Linde Borgen (from Avonova)**: Somatic mindfulness and psychological safety



Day 2: MINDFUL TUESDAY

Trondheim

Trondheim meditasjon & yoga (Erling Skakkes gate 3) [17:30-20:00]

17:30-19:30 Meditation workshop by Trondheim Meditasjon and yoga

19:30 onwards Snacks and mingling

Gjøvik

G030, møteroom, G building, 3rd floor [14:30-15:30] + [16:15-16:45]

14:30-15:30 Yoga for grounding and stress relief with **Lise**

16:15- 16:45 Zen meditation with **Aristidis**



Day 3: MOVE YOUR BODY WEDNESDAY

Trondheim

D1-185, Realfagbygget, Gløshaugen [14:00 – 18:00]

14:00-15:00 Pilates Workshop

15:30-16:30 Zumba Workshop

17:00-18:00 Tai Chi Workshop

Gjøvik

S415 [18:30 – 19:30]

18:30-19:30 Zumba with **Khanun JM**



Day 4: ENGAGING THURSDAY

Trondheim

Gløshaugen KJL1 [13:15-14:00]

13:15-14:00 Fiction and mental health – bibliotherapy with **Thor Magnus Tangerås**
(This event will be streamed for the other NTNU campuses.)

R9, Realfagsbygget, Gløshaugen [18:30-21:00]

18:30-21:00 Movie Night

Gjøvik

A232 [13:15-14:00]

13:15-14:00 Fiction and mental health – bibliotherapy



Day 5: FEEL HAPPY FRIDAY

Trondheim

R10, Realfagsbygget, Gløshaugen [17:30-19:30]

18:30-21:00 Improv Night by Gibberish

Gjøvik

K102 [18:00-20:30]

18:30 Movie night



Past Events

Mushrooming!

Autumn is a rainy but unique season. The leaves change their color, the sun no longer warms you, but there is a lot of mushrooms that you can pick! Hunting of wild mushrooms can be a very rewarding experience, but knowing which mushrooms are edible is a key skill before making a dinner with what you have found in the forest.

NIRS and DION joined their forces this year and organized four guided mushrooming tours. There were one tour for permanent academic stuff, two tours for PhDs, Postdocs, temporary academic stuff at NTNU and their families, as well as one joined tour. Each tour joined between 20-30 people.

It was not always sunny, however, it did not bother the mushroom hunters and everyone picked some delicious mushrooms for their dinner! Furthermore, everybody learned a lot and now feels more confident in the forest around all the mushrooms!

DION would like to thank Kathrine Vangen from NIRS and Mai Lovaas, our guide, for making this event possible!



Hiking!

We had a nice hiking event on a warm and sunny Saturday, 18th September, to Estenstadhytta at Trondheim. Approximately 30 PhDs, post-docs and temporary employees from different departments of NTNU joined the event. We started to walk from Lohove bus station. Enjoying the nice and easy hiking trail, we got to the cabin in one hour. At the cabin, we had delicious waffles and coffee in a very cosy traditional Norwegian room. After socializing for about 2 hours, we went for a short hike around Tømmerholtdammen.



After hours of hiking, good waffles and nice company, we said goodbye with happy faces and hearts full of joy and hope.

DION 25th birthday!

We celebrated the semester kick-off by celebrating DION's 25th Birthday while in happy hours on 1st October!

We hosted around 50 PhDs, post docs and temporary employees at NTNU as well as members of their families at Work-Work in Trondheim. Some delicious cakes were served. We enjoyed the evening playing board games and socializing. Apart from the board games, the participants were challenged to compete together for getting the championship of the shuffleboard!

Wishing a long and prosperous life for DION, we ended the event at 21 o'clock.





DION

Next Board Meeting

When: 16:00-18:00, Thursday, 28th of October, 2021

Where: Teams

DION's board meetings are open to all PhD Candidates and Post-docs. More information on agenda will be made available on Innsida and our website the week before the meeting.

Do you have something to add to the agenda or want to join the online meeting? Send the DION board an e-mail: post@dion.ntnu.no

Innsida: DION

Subscribe [here](#) in order to receive information about DION activities in the different campus. Click «Subscribe» on the left menu and submit your email.

DION

Contact us

DION is NTNU's interest organization for PhDs, post-docs, and other temporary scientific employees, which offers help in work-related issues concerning rights, supervision, required duties and legal questions. The organization also provides a social activity platform to meet other PhD candidates, post-docs, and other temporary scientific employees. So, please follow us to stay updated:



- *Subscribe to DION's news channel on Innsida*
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