

Inner Sustainability Week

Schedule Week 20

Monday 17/5

ACTIVITY	TIME & PLACE
Lecture with Christin Furu, PeD, projektforskare Åbo Akademi Fokus: Inre hållbarhet - från värderingar till vardag	9:00-10:00 Zoom Link More info SWE
Lecture with Gunilla Lönnberg, PhD, certified MBSR teacher, Uppsala University Fokus: Mindfulness for inner sustainability	13:00-15:00 Zoom Link More info SWE
Mindfulness drop-in with KI Health Promotion	14:00-14:30 Zoom link ENG

Tuesday 18/5

ACTIVITY	TIME & PLACE
Lecture with Frida Kolasa, lic. Psychologist, KI Student Health Center Fokus: Stress and inner sustainability. Tips for self-care.	10:00-11:00 Zoom Link More info ENG
Functional Yoga with Marian Papp, PhD and KI Health promotion (First 15 min info, session starts 11.30)	11:10-12:30 Zoom link More info ENG
Active break with KI Health promotion	14:00-14:10 Zoom link ENG

Wednesday 19/5

ACTIVITY	TIME & PLACE
Lecture with Jessica Norrbom, PhD, dept FYFA Fokus: Health, physical activity and myths	10:00-11:00 Zoom Link More info ENG
KI sustainability day , follow link for program and registration	12:30-16:00 Link for info SWE
IRL! Station based interval/outdoor gym with KI Health Promotion (reg required) Campus flemingsberg	17:00-18:00 More info SWE/ENG

Thursday 20/5


ACTIVITY	TIME & PLACE
Lecture with Elisabet Ravelojaona, pastor from the University Chaplaincy . Fokus: What is existential health?	10:00-11:00 Zoom Link More info SWE
Functional Yoga with Marian Papp, PhD and KI Health promotion (First 15 min info, session starts 11.30)	11:10-12:30 Zoom link ENG
Active break with KI Health promotion	14:00-14:10 Zoom link ENG

Friday 21/5

ACTIVITY	TIME & PLACE
Emelie Kristoffersson, PhD, Fika for Equality Fokus: Thesis: "Is it just me? Everyday racism during medical school"	9:00-09:30 Zoom Link More info SWE
Lecture with Walter Osika, Ass. Prof, MD, from Center for Social Sustainability (CSS) at NVS, KI Fokus: Sustainability and inner development goals	11:30-12:00 Zoom Link More info ENG
AW-zoom with PhD-students from NVS, all welcome ☺	16:00-18:00 Zoom Link ENG/SWE

In case any of the links to the sessions with KI Health Promotions are not working, please go to their [homepage](#) for access to live-streaming classes.





We would like to provide you with some additional resources for this week. Below you can find tips of webinars, lectures and discussions for your inspiration, with topics connected to Inner Sustainability.

17-21 May is also the European Public Health Week, with lots of digital activities going on. Some events require registration, see website: <https://eupha.org/EUPHW>

The European Public Health Week has a theme each day. For Tuesday the theme is “New challenges in mental health”. Follow link for more information.

Tuesday 18/5
[Link for info](#)

KI has its own **Sustainability Day** on Tuesday 18 May. Tune in for digital bike fix workshop and a lot of sessions and lectures on environmental sustainability. NB! Registration of interest is required for the webinars.

Tuesday 18/5
10:00-16:00
[Link for info](#)

The student union **Medicinska Föreningen** (MF) has a project called **Mind & Body** with information, resources, activities and offers. Check it out!

[Link for info](#)

The National Centre for Suicide Research and Prevention of Mental Ill-Health (NASP) has collected freely accessible resources for those who feel stressed or want to improve their wellbeing

[Link for info](#)

KI Health Promotion! So many resources for your well-being. Scroll down and have a look at their “Mental Well-being” and “Work Well from Home”.

[Link for info](#)

Mindful breathing (link from KI Health Promotion)

[Youtube link](#)

Information and resource from Center for Spirituality & Healing, University of Minnesota

Focus: Information and resources to advance health and wellbeing of individuals, organizations and communities during COVID-19 pandemic.

[Website](#)



**Karolinska
Institutet**
