


Workshop

Mental health in academia

Do you feel overwhelmed by the academic activities?

Do you feel like you need tricks to stop your brain's train of thought?



At some point members of the academia have encountered these types of questions. This workshop aims to show some of the mental health related issues that can be faced when one is interested in pursuing an academic career but, more importantly, some tricks to overcome those problems.

The pressure of contemporary world
Anxiety and recurrent thoughts, how to mitigate them.
Organisational tips
The importance of socialising.
The importance of sleep.

Speaker: Research assistant of the University Complutense of Madrid, Clara Sánchez-Rebato Valiente

Date: 15th of February of 2023

Time: 12:00-13:30 p.m. (CET). 13:00-14:30 (Bulgarian timezone)

Type of workshop: Online (via Google Teams)

Registration form: <https://forms.gle/Rw9dVbL3hM8D1srV9>

Last day to register: 14th of February at 12:00 p.m. (CET)

Language of the workshop: English