MIND Your Health: Mental Health Workshop for International Researchers

Objective
- To maintain good mental health and resilience
- To cope with loneliness, anxiety, stress, culture shock
- To develop strategies for this period of uncertainty

Description
Mental health refers to well-being on the cognitive, behavioral, and emotional level. It is about how we think, feel, and behave and can affect our daily living, relationships, and even our physical health.

Looking after mental health can preserve a person’s ability to enjoy life and perform up to their full potential. This involves reaching a balance between life activities, responsibilities, and efforts to achieve psychological resilience.

This online workshop helps you get together, understand, and deal with various challenges which you might encounter during your research stays in Germany. We will focus on developing strategies of how to maintain good mental health and resilience during this period of uncertainty as well as the struggles of loneliness, anxiety, and stress.

Methodology
- Presentations
- Plenary evaluations
- Trainer input
- Exercises
- Reflection and discussions

Target group
Early career researchers with an international background

Organizational Information

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<tr>
<th>Language / Format</th>
<th>English / Online</th>
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<tbody>
<tr>
<td>Target group</td>
<td>Doctoral Candidates at all stages and Postdocs from all faculties</td>
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<tr>
<td>Date</td>
<td>Monday-Tuesday, 8-9 January 2024, 14:00 – 17:30</td>
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<td>Registration</td>
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