Strategies for Managing Our Well-Being in Research

Objective
To begin to explore our well-being in research and the many ways that our environments and expectations impact on our mental physical health and our joy for what we do. Develop tools to navigate these challenges in a healthy way.

Description
We explore the many ways that academics are trying to navigate their roles and their well-being in the research world.

We highlight the need to:
- recognise the varied environmental challenges to our well-being in the academic world,
- set a solid foundation,
- manage our own expectations and the expectations of those around us,
- identify our red flags (our first signs of stress),
- learn how to de-escalate our thoughts, sensations, and emotions when we feel overwhelmed or stressed, and
- press reset when your day is not going to plan.

Methodology
Strategies developed based on psychological best practice tools including cognitive behavioural theory, acceptance and commitment theory, mindfulness meditation practices, stress management.

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 (R2/R3) from all faculties</td>
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<tr>
<td>Date</td>
<td>Monday, 22 April 2024, 11:30 – 13:00</td>
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<td>Registration</td>
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