

MUNI



Mental Health of Young Researchers

PHD CANDIDATES, POSTDOCS

Build resilience and well-being through expert-led lectures on mental health, stress management, and work-life balance in academia — with the option to attend up to 6 sessions.

2-3 JUNE, 9:00 AM - 3:30 PM

LARGE AUDITORIUM, ROOM 300
KOMENSKÉHO NÁM. 2, BRNO

registration:



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Event Highlights:

- Mental health and psychotherapy in academic life
- Building resilience and flourishing in academia
- Sleep, stress management, and work-life balance
- Focus, writing challenges, and cognitive overload
- Impostor syndrome and managing expectations
- Nature as a tool for enhancing well-being