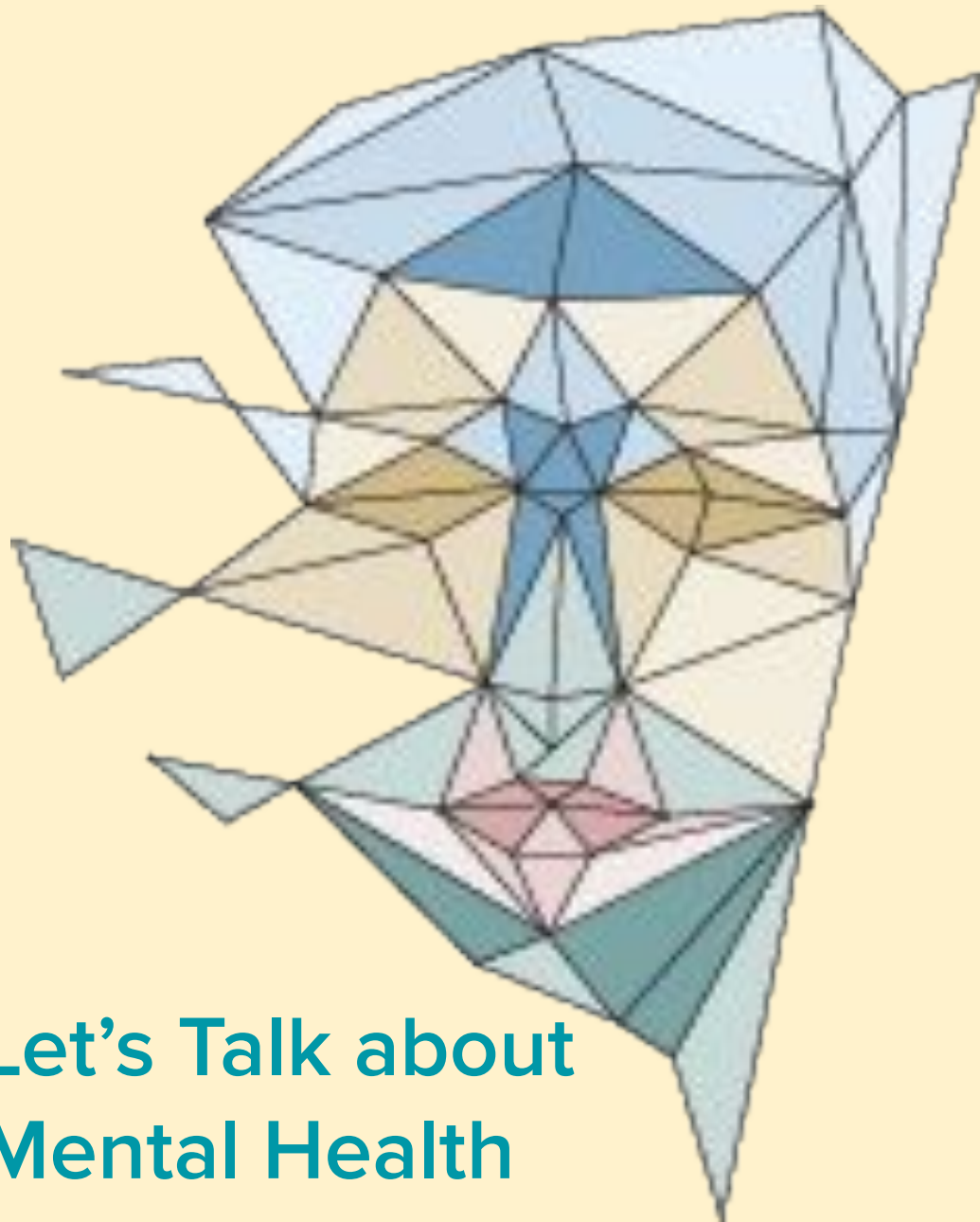
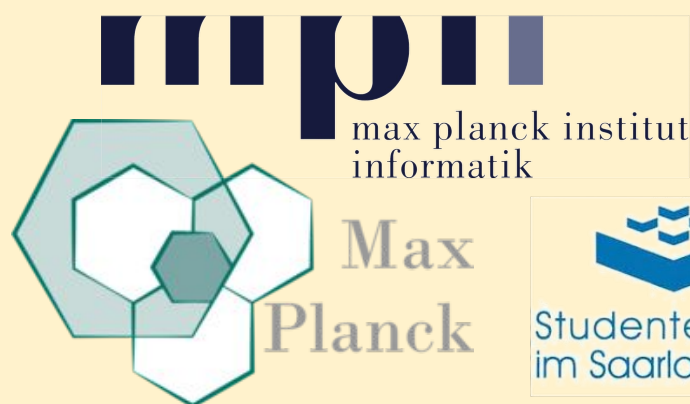


Mental Health Awareness Week

4th - 8th October 2021 #BreakTheStigma



Let's Talk about Mental Health



PhDnet



Oct 4th (16:00 - 17:00)

Social Meet

Gather around all PhDs! Let's get to know each other and how to get things rolling around here.

Oct 5th (10:30 - 12:00)

Mental Health - Discover Your Inner Strength

(Kimberley Pommer)

A workshop on self-care, helpful resources and relaxation techniques at workplace.

<https://forms.gle/EseM16gpe7WmPHA>

Oct 7th (10:00 - 11:30)

Mindfulness Living

(Dr. Philipp Wiegmann)

An interactive session in incorporating mindfulness for a balanced living.

<https://forms.gle/7zLnYnZobU9DUxzL8>

Oct 8th (10:00 - 11:30)

Dealing with Stress

(Hannah Mattheus)

An interactive session addressing mindsets for dealing with work and performance stress.

<https://forms.gle/eo6rZ1uijcuieoAv7>