



Università degli Studi dell'Insubria
Dipartimento di Scienza e Alta Tecnologia

MENTAL HEALTH of Early-Career Researchers

The journey of PhD student and postdocs can be challenging and take a toll on personal well-being. Heavy workloads, competitive pressures, poor job security, and isolating academic environments create conditions that are difficult to navigate. This hands-on workshop is designed specifically for PhD candidates and postdocs, offering practical tools and strategies to nurture your mental well-being.



Workshop

Speaker:

Mathias Schroijen

Université libre de Bruxelles, Belgium

Mainly dedicated to PhD student and postdocs

Como Session

18 Feb

9:30 - 12:30

Aula VA3 Anello

Via Valleggio 11, Como

Varese Session

19 Feb

14:30 - 17:30

Sala Consiglio

Via Monte Generoso 71, Varese



In-person participation only

Max 40 participants per session

← **Register here**

Organizers:

Silvia Gazzola, member of CUG

Nicola Dengo, postdoc and vice-President of Eurodoc