## Diversity and equal opportunities Workshop on promoting mental health for PhD students

Pursuing a PhD comes with unique pressures and expectations that can impact mental well-being. This interactive workshop offers PhD students a space to explore the challenges to mental well-being commonly encountered during the doctoral journey.



## Workshop aims

- · Foster individual insight.
- · Provide practical strategies for maintaining mental wellbeing throughout the PhD.
- Participants will choose areas of focus according to their needs.

## Participants will ...

- Reflect on their own experiences.
- · Receive evidence-based input on mental health in academia.
- · Engage in hands-on exercises to strengthen psychological resilience, selfawareness, and sustainable work habits.

## Wednesday, 26.11.2025

16.00 until 19.00 followed by an Apèro Institute for Sport Science, Bremgartenstrasse 145, 3012 Bern Room A007

Please register by 31st of October via Link or directly by sending an e-mail to florence.epinev@unibe.ch. You will receive a confirmation e-mail Please note: places are limited.

This workshop is especially intended for PhD students and will be held in English.

In collaboration with:



Service de conseil des hautes écoles bernoises



