

Mental Health Awareness Week

4th - 8th October 2021 #BreakTheStigma



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 6th

(10:30 - 12:00)

Introduction to LGBTQ+

(Flora Gessner)

An interactive session by AK Queer from ASta about the personal side of diversity.

<https://forms.gle/jV4RuMg8qBWDCrm8A>

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>

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-- Let's Talk about Mental Health --