

Program for the Mental Health WEEK - Oct 10-20th, 2024

Thursday, Oct 10 4 pm (Zoom)	Friday, Oct 11 9:30 am - 5 pm (in-person)	Tuesday, Oct 15 4 pm (in-person)
<p align="center">Mental Health in Academia</p> <p align="center">-</p> <p align="center">Introduction Talk</p>	<p align="center"><u>Workshop</u>: ‘Don't Let It Drive You Nuts! Mental Load, Resilience, and Self-Management for Researchers’</p>	<p align="center">Progressive Muscle Relaxation Course</p>
<p>Dr. Hendrik Huthoff (Life Science and Higher Education Consultant Mental Health Advocate with Lived Experience)</p>	<p>Dr. Maik Goth (Speaker & Trainer PhD & Research Management Mental Health)</p>	<p>Frieda Busch (M.Sc. Psychologist coach consultant zfa-Zentrum für Arbeitsmedizin)</p>
<p>Zoom link: no registration https://uni-jena-de.zoom-x.de/j/62794968883 Meeting-ID: 627 9496 8883 Code: 650489</p>	<p>Registration: now open Please contact Katja Präfcke at katja.praefcke@uni-jena.de Seminarraum 101, JSMC</p>	<p>Registration: now open Please contact Katja Präfcke at katja.praefcke@uni-jena.de Seminarraum 101, JSMC</p>