Mental Health & Well-Being in Academia

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Why discussing Well-being in Academia?

The Mental Challenges of a PhD

- High/multiple expectations & competitive environment (Will I make it?, Am I good enough? Is my work good enough? ....)
- PhD is a large and long project (few immediate results, few predetermined structures, …)
- Balancing private & professional life
- Isolation, lack of working & social space
- Finding a healthy and productive working routine
- …

Literature:

How can we support you?

- Monthly Webinar-series on Well-being & My PhD
  - Parenting and academia
  - Managing conflict
  - Managing Supervisor relationship
  - Imposter and Perfectionism
  - How to cope with Isolation
  - ….

Programme & Further Information:

http://doktorat.univie.ac.at/well-being-in-academia
• Support Peer-group Meetings

• Workshops
  ◦ Resilience & Well-being
  ◦ Time & Self-management
  ◦ Dealing with conflicted situations

• Individual Coaching

Programme & How to register:
http://doktorat.univie.ac.at/training
Get in contact with us!

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General Questions
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