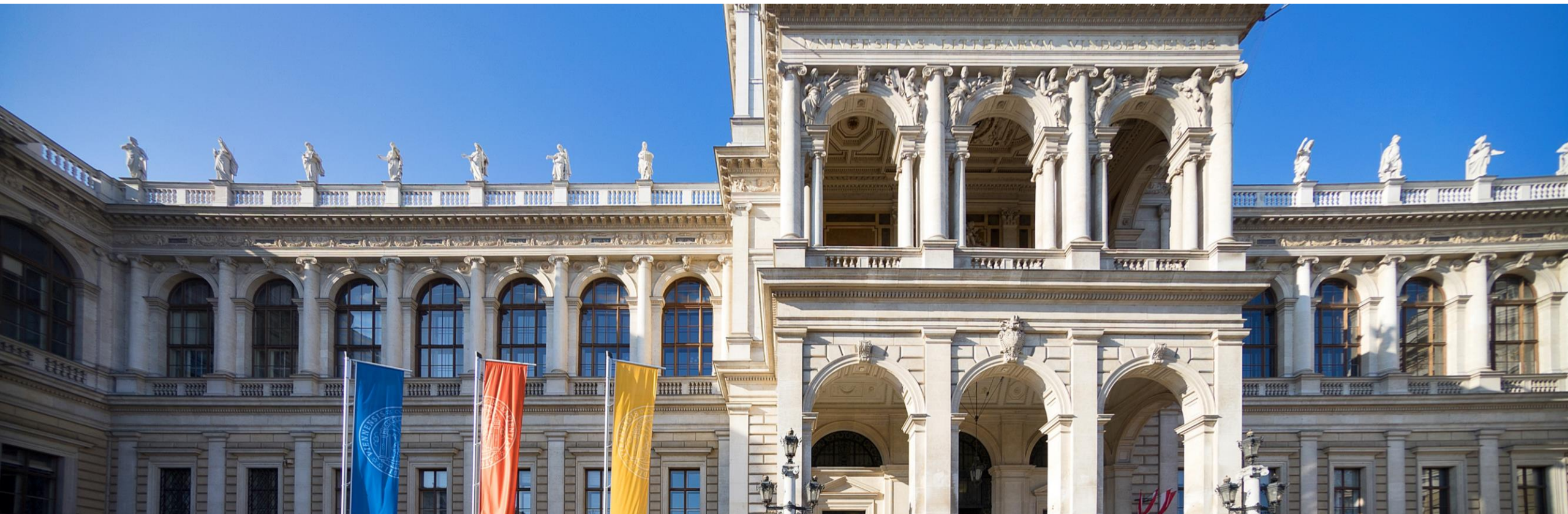


Mental Health & Well-Being in Academia

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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
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Literature:

Petra Boynton, *Being Well in Academia: Ways to Feel Stronger, Safer and More Connected*, Routledge 2020.

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](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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