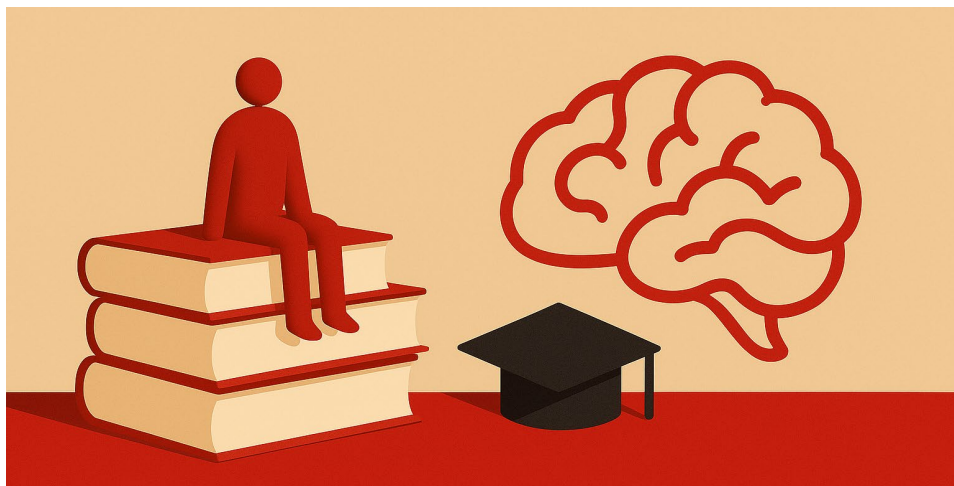


Diversity and equal opportunities

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, self-awareness, and sustainable work habits.

Wednesday, 26.11.2025

16.00 until 19.00 followed by an Apéro
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.epiney@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:



Kanton Bern
Canton de Berne

Beratungsstelle der Berner Hochschulen
Service de conseil des hautes écoles bernoises
Universities of Bern Counseling Centre

Joblife
COACHING

u^b