



WORKSHOP:

Dealing with stress in corona time

MONDAY **JANUARY 18** AT 15:00-17:00 HRS

Utrecht University PhD-psychologist

Paula Meesters

The topic of the workshop 'Dealing with stress in corona time' is about finding work-life balance in these extraordinary time. Mostly working from home creates a huge challenge to find motivation either to start or to stop working on time. The uncertainty about the duration of the covid-19 pandemic triggers even more stress and pressure than a PhD-trajectory already creates in itself. Feelings of demotivation, lack of energy, loneliness, mood swings and anxiety are common. But how do we cope with all this? The workshop gives some insights and answers (Q&A).

Hosts: PhD candidates Elvin 't Hart and Anton Venhuizen

- Registration not required
- For CS&D PhD only
- CS&D PhD candidates will receive the Zoom link via e-mail