



Resilience & Well-being in Science

April 2021

Cluster of Excellence RESOLV

Academia is an ultramarathon that we try to run as a sprint. This approach tends to leave many of us with little time or energy for life outside of work and very few resources to cope when we face challenges. COVID has only compounded these challenges and has left many women in science disproportionately affected by the increasing pressures and workloads.

When faced with such challenges, the voices in our heads have picked up the megaphone. Our doubts and our fears have been exacerbated significantly. Voices that demand perfection, or that tell us we aren't good enough and we don't belong here; voices that have driven us to excel, but that also charge a pretty high tax. A tax on our emotional, mental and physical health.

Yes, the academic environment is a significant contributor to the unhealthy, counterproductive lifestyle many of us live. However, we as individuals can develop tools to buffer us against stress and burnout, worry and fear, and the toxic competition we are often surrounded by. A healthier approach to research is possible and is essential if you want to build a sustainable career in academia (or anywhere else in this fast-paced, competitive world we live in).

This workshop will provide you with tools to increase your resilience to stress, anxiety and burnout, and to enhance your overall well-being both now during COVID times, as well as navigate everyday life and the challenges we face.

The structure of each day is:

09:30 - 10:30 LIVE Session ONE.

10:30 - 11:30 Video Learning Module (with time for a cup of tea).

11:30 - 12:30 LIVE Session TWO.