

**MAX
PLANCK
SCHOOL**
of
photonics



INVITATION & PROGRAM
MENTAL HEALTH
WEEK 9-11.12.2024

Why is Mental Health so important?

Mental health includes our emotional, social and psychological well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life.

A good mental health is crucial in **today's** world, as it profoundly influences every aspect of our lives. It can impact our thoughts, actions, and interactions and empowers us to navigate challenges, build meaningful relationships, and make informed decisions.

Nurturing our mental health **doesn't** just improve our daily functioning, it can also help us control — or at least combat — some of the physical health problems that are directly linked to mental health conditions. For example, heart disease and stress are related, so managing stress might have a positive outcome on heart disease and helps to promote a healthy lifestyle.

With the Mental Health Week, we would like to give you some tools to reduce stress, switch off in everyday life and do something good for your body and mind.

We are looking forward to your participation!

STRESS AND CHANGE MANAGEMENT

11.12.2024 Wednesday 15:00-18:00

Are you looking to manage the demands and changes of your academic journey more effectively? In this workshop, we'll take an exploratory approach to stress management techniques, giving you the chance to experiment and find what works best for you.

Through practical activities and open discussion, we'll examine strategies for building resilience and maintaining focus. This session offers a thoughtful space to reflect, test out tools, and discover ways to navigate challenges with more ease.

COACH: DR ANNE WARSKULAT

Anne is a coach and mentor who supports graduate students and researchers in navigating academic challenges. With a background in science, she helps participants build resilience and develop practical strategies for growth.



DON'T LET IT DRIVE YOU NUTS: RESILIENCE AND SELF-MANAGEMENT FOR RESEARCHERS

09.12.2024 Monday 15:00-18:00

As early-career researchers you enter into a time of great change. You have to meet new professional demands; play numerous roles; and know your personal qualities. Oh, wait, **there's** also a thesis to write and a private life to take care of!

Don't let this drive you nuts! There is a tool for self-management that allows you to master your life inside and outside the academy, and makes you bounce back when there are setbacks and crises: resilience (from Latin *resilire*, 'to bounce back'). This workshop activates and develops your resilience skills in interactive units of analysis, self-reflection, communication and pragmatic counsel. My goal is to familiarise you with ready-to-use methods which strengthen your long-term productivity and your mental health, which encourage you to adapt to difficult situations, and which help you maintain a balance between work and life.

COACH: DR MAIK GOTH

Dr Maik Goth teaches workshops on research- and self-management, academic English and communication skills. His seminars are based on his extensive experience as international scholar, academic author, editor, peer-reviewer and university lecturer, and are tailored to the personal needs and professional demands of young researchers.



HOW DOES IT CONTINUE?

MPSP PhD Meeting/Christmas Party: 12.12.2021 16:30

Please register to the workshop(s) you are interested in under this link until the 05th of December 14:00: [Register here](#)

As Mental Health Week wraps up, let's end on a cheerful and festive note! Join us for the Annual Christmas Pub Quiz – a virtual celebration filled with fun questions, holiday vibes, and laughter.

📅 Date: 12.12.2024

🕒 Time: 16:30

📍 Where: Your coziest spot in front of your computer!
Gather.town – [Click this link to join](#) (Password: Engage!)

✨ Let's make it extra special – bring your favorite cookies and a mug of warm mulled wine (or any holiday drink of your choice). It's the perfect way to relax, connect, and celebrate together before the year comes to a close.

Don't miss it – we can't wait
to see you there! 🎅 🎉





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