

Elementary - R1

Advanced - R1

Postdocs - R2

Senior Postdocs - R3

Strategies for Managing Our Well-Being in Research

Trainer



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Desiree Dickerson, PhD is a neuroscientist and clinical psychologist who specializes in academic mental health and well-being.

Based in Europe, she works with leading academic institutions, lab groups, and academics themselves to curate a healthier approach to research.

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Objective

To begin to explore our well-being in research and the many ways that our environments and expectations impact on our mental physical health and our joy for what we do. Develop tools to navigate these challenges in a healthy way.

Description

We explore the many ways that academics are trying to navigate their roles and their well-being in the research world.

We highlight the need to:

- recognise the varied environmental challenges to our well-being in the academic world,
- set a solid foundation,
- manage our own expectations and the expectations of those around us,
- identify our red flags (our first signs of stress),
- learn how to de-escalate our thoughts, sensations, and emotions when we feel overwhelmed or stressed, and
- press reset when your day is not going to plan.

Methodology

Strategies developed based on psychological best practice tools including cognitive behavioural theory, acceptance and commitment theory, mindfulness meditation practices, stress management.

Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs (R2/R3) from all faculties
Date	Monday, 22 April 2024, 11:30 – 13:00
Registration	For registration click here