

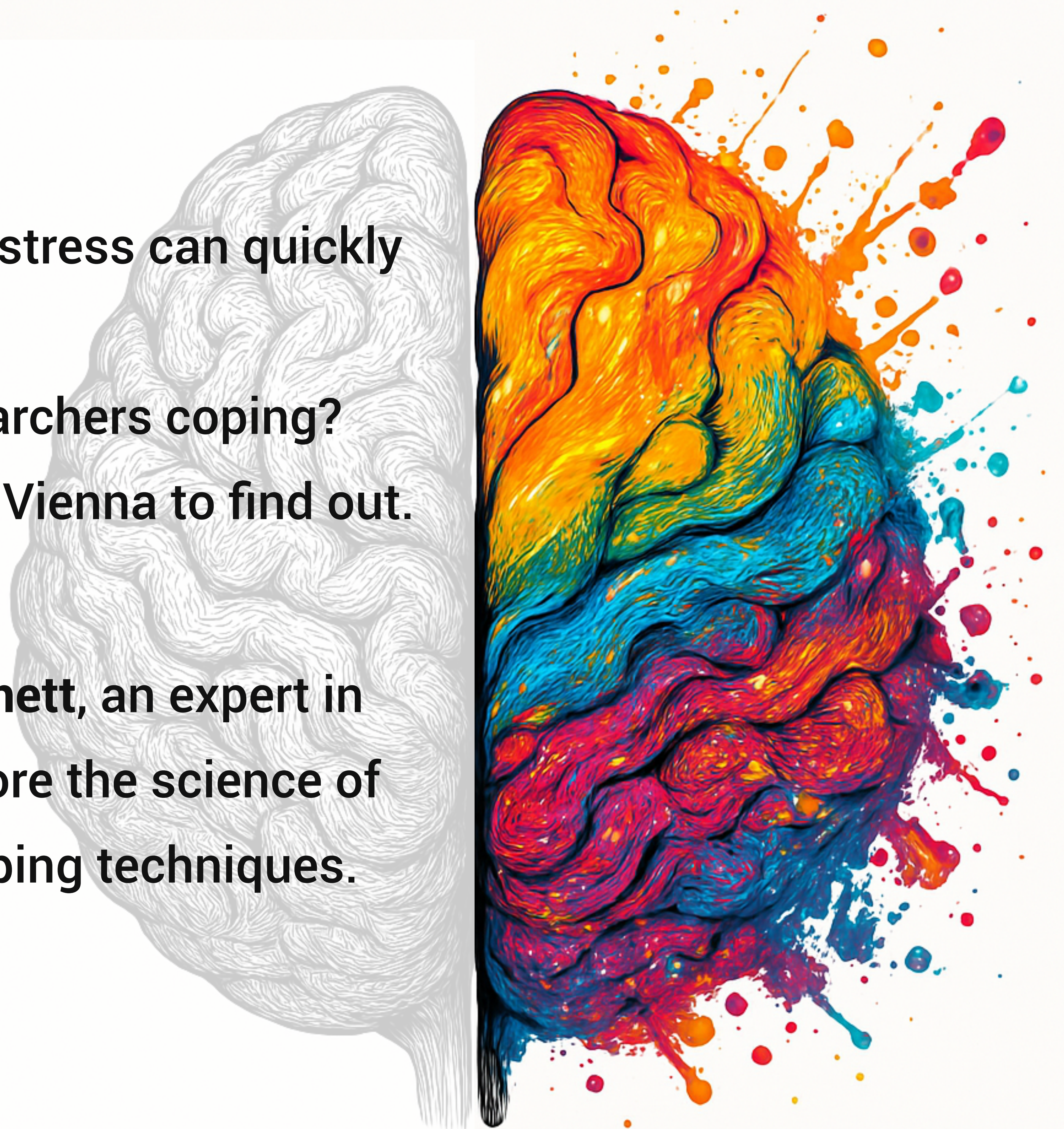


Thriving, Not Just Surviving: Rethinking Mental Health in Academia

Academia is demanding, and stress can quickly
pile up.

How are students and researchers coping?
We surveyed the University of Vienna to find out.

Psychologist Hannah Tschernett, an expert in
stress management, will explore the science of
stress and share practical coping techniques.



Join us to learn, discuss, and practice
strategies to improve mental-health in
academia!



STRESS
GAME



May 13th, 2025

15:00 - 18:00

Lecture Hall 2, Josef-Holaubek-Platz 2 (UZA II),
University of Vienna

Fill out the survey!

