

Dealing with Mental Health

Workshops

In these times of pandemic, we are all confronted with new and unpredictable situations that require us to demonstrate an extraordinary capacity for adaptation. This is all the more true for graduate students who face very specific academic, financial and interpersonal challenges. It is therefore normal to feel more stressed than usual, sometimes even overwhelmed by the situation.

We are very sensitive to this situation. *Dealing with Mental Health*, a **series of three workshops**, is therefore offered to help you better cope with stressful situations in your life in order to maintain good mental health. The workshops will give you a better understanding of stress as well as the bio-psycho-social factors that affect your mental health and that compromise the success of your studies. You will be able to identify which of those factors are the most significant in your life at this time. The workshops, through exercises and discussions, will also encourage action to improve your mental health, one step at a time.

The workshops are **reserved for graduate students**. They will be **offered free of charge, in videoconference mode, Friday, from 12:00 p.m. to 1:15 p.m.**, on the following dates:

- **February 12, 2021**
- **February 19, 2021**
- **February 26, 2021**

Registration deadline: February 4, 2021, 4:00 p.m. Write to sae@inrs.ca and copy ***Dealing with Mental Health*** in the subject line. Attach a signed copy of the *Dealing with Mental Health – Consent* form.

Please note that your registration means that you are available to participate in the series of workshops and will be **present at the three scheduled meetings**.

Hope to meet you!

Student Services Team