

# HOW TO DEAL WITH STRESS



## A WORKSHOP FOR PHD STUDENTS

**MONDAY 6. NOVEMBER 2023**  
**12:15 to 13:45**

Maximum number of participants is 25,  
workshop is held in English.

Research clearly shows that many PhD students feel stressed. In this workshop, we will present some theories on stress and discuss

different stress factors (e.g., high workload, uncertainty, conflicts) and how to cope with them.