



IMT CAREERS SERVICE



Positive Stress Route

Friday 23rd February 2024 | 4-6pm | Group-based meeting: mental health matters
Classroom 1, San Francesco Complex + remotely

February-March | TBS | Individual meetings: coping strategies
In-presence or remotely

Friday 22nd March 2024 | 4-6pm | Group-based meeting: distress and eustress
Classroom 1, San Francesco Complex + remotely

Positive Stress Route consists of moments for expressing stress-related issues touching the doctoral path in terms of ways of working, performance, feelings, relationships.

Positive Stress Route is open to anyone looking to:

- ★ share experiences with others
- ★ improve strategies to deal with challenges
- ★ use stressors as energy
- ★ take care of well-being

Target: PhD students, post-docs and other researchers

Registration: fill-in [this form](#)



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