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# Talk: How to keep your sanity? Mental Health & Well-Being in Academia

Monday, 26 May 2025, 16:00 - 17:00 (CEST)  
Online via Zoom



We are looking forward to the talk from Dr. Markus Boeckle, „How to keep your sanity? Mental Health & Well-being Academia“ on 26 May 2025, 4-5pm, online via Zoom. You can join the event without having to register in advance.

This session explores the complex realities of well-being during the PhD journey. Drawing on current research and professional experience, Dr. Boeckle will highlight common challenges early career researchers face—from stress and isolation to unclear expectations and role conflicts—and offer tools for navigating them with more awareness, agency, and resilience.

About the speaker:

Markus Boeckle's work focuses on psychosocial support for researchers and developing digital interventions. His research interests include self-efficacy, future planning, and mental health in academic settings. He is a coach, supervisor, and psychotherapist with individuals and groups.

Learn more: [www.praxis-boeckle.at](http://www.praxis-boeckle.at)

**Trainer**



Dr. Markus Böckle