

# WELCOME TO THE MENTAL HEALTH WORKSHOP!

With Sarah Speziali

Therapist and life coach

<https://indico.cern.ch/event/1196592/>

Bring a computer to connect to Zoom.

It will be useful for answering the live ZOOM polls throughout the event.

We also recommend bringing earphones, paper, and a pen/pencil to the workshop.



THE ATLAS EARLY CAREER SCIENTIST BOARD  
INVITES YOU TO THE

## MENTAL HEALTH WORKSHOP

Early career scientists from ALL CERN EXPERIMENTS  
are welcome!

📍 500/1-001 Main Auditorium

📅 Wednesday, Feb 15th, 2023

🕒 4 PM

### Register now:

In-person and zoom participation

<https://indico.cern.ch/event/1196592/>



### Topics:

- Building well-being routines
- Integrating coping strategies
- Discovering your inner resources
- Practicing self-care and work-life balance

with  
**Sarah Speziali**  
therapist and life coach

Keeping Your Mental Health Strong When You're Under Pressure