

**Self-evaluation tool: gauge the  
state of your mental health to  
take action and prevent  
mental exhaustion**

**Report of Contributions**

Contribution ID: 1

Type: **not specified**

## Session in English

*Wednesday 25 October 2023 11:30 (1 hour)*

**Presenter:** TAPIADOR CARRETERO, Maria Jose (CERN)

Contribution ID: 2

Type: **not specified**

## **Session en français**

*Wednesday 25 October 2023 13:30 (1 hour)*

**Presenter:** TAPIADOR CARRETERO, Maria Jose (CERN)