



Figuring Things Out (with Jana) : February 28th at 19.00 CEST

Dear women,

I hope you are doing well! Thank you again for filling out the survey. We now have a new day for our meet-ups. We will be alternating between the last Tuesday and Thursday of the month. You'll find a general calendar towards the end of this email.

I'm happy to announce our first **Figuring Things Out (with Jana)** of 2023 is coming up soon on **February 28th at 19.00 CET**.

Here's Jana's message for February's session:

Mental & Emotional Fitness in an Unpredictable World

A work environment can be stressful. Pressure to work, pressure to produce, pressure to achieve greater goals (e.g., to publish your research). However, a lot of our stress is not caused by the work load per se, but by our environment (physical and social) and the mismatch between our expectations and the reality of both ourselves and others.

I've struggled with mental health issues ever since my PhD years. My environment back then was insensitive to my struggles and I felt as if I was labeled "broken, do not repair". Depression and anxiety became frequent guests in my life. Almost a decade later I found out I was on the autistic spectrum, meaning that the way I perceive and process the world around me is different from most other people. Although this information was not known to me when I was struggled the most, an accepting and supportive work environment would have made an enormous difference.

In this session I invite you to an open discussion about mental health.

Do you have a success story about how you deescalated a stressful situation?

Do you have a cautionary tale on this topic you would like to share?

Are you facing a difficult situation right now and looking for advice?

Our meetings provide a safe and supportive environment to discuss such matters.

Come join us!

Jana Mach

NOTE: This meeting will be using WebEx. We recommend joining the meeting through the WebEx app or Google Chrome browser.

Please register for the session below. If you have any questions, please feel free to reach out!

Warm wishes,

Francesca

[Register here](#)
