

COPING WITH PRESSURE AND MAINTAINING MENTAL WELLBEING DURING RESEARCH STAYS

An interactive seminar for master students and junior researchers to share concerns, experiences, and collaboratively look for solutions

Tuesday 28 October 2025

12:00-16:00 at Abdel Ghaffar Meeting Room
Chr. Michelsen's Institute (CMI)



Facilitated by Per Sjöberg, a clinical psychologist at the Institute for Psychological Counseling (IPR). He has extensive experience working with individuals and groups in high-performance and high-pressure environments, including academia. His expertise includes first and secondary trauma, anxiety, stress management, resilience building, and personal development with a particular focus on supporting professionals navigating demanding careers. For this session, Per will facilitate a conversation on mental hygiene during and after fieldwork and research stays, offering practical tools and insights to help researchers maintain well-being and balance in their academic journeys.