To students at the Faculty of Science and Technology,

This is an invitation to participate in a workshop on **Prevention of stress and mental illness in students**. The activity is part of a focus area on study environment that the faculty has initiated for 2021.

**When:** Wednesday 17 February at 12:15-13 (In Swedish) or Thursday 18 February at 12:15-13 (In English)

**Participating:** Curators at Student health counselling, equal terms coordinator/ study and careers counsellor at faculty offices and UTN's (Union of Engineering and Science Students )student liaison officer head of student welfare affairs.

**Content:**
Life as student can be stressful with many demands and endless deadlines. Remote studies can be extra challenging, including that many students feel lonely and isolated. Having a balance in life and managing stress can make all the difference in creating a sustainable student life. Join us to learn more about stress and how it affects us, along with ways to prevent and manage it, especially during these times.

**Where:**
Zoomlink Wednesday 17 februari: [https://uu-se.zoom.us/j/65996889829](https://uu-se.zoom.us/j/65996889829) or Zoom Meeting ID: 659 9688 9829
Zoomlink Thursday 18 februari: [https://uu-se.zoom.us/j/62002399757](https://uu-se.zoom.us/j/62002399757) or Zoom Meeting ID: 620 0239 9757

This workshop is organized by the educational organization at the Faculty of Science and Technology.

Warm welcome!
Cecilia Johansson, Greger Thornell och Susanne Mirbt