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Ways to boost our mental well-being while ‘hybrid working’



Join a webinar for all EP staff on Thursday 14 October

In the context of a pandemic whose impacts are still very much present, we're all getting used to 'hybrid' working, which gives us more flexibility among other positives, but also brings challenges, including for our mental health.

DG PERS will therefore host a [webinar for all EP staff tomorrow](https://epintranet.in.ep.europa.eu/home/latest-news/news-area/mind-matters-webinar-on-world-mental-health-day.html) (https://epintranet.in.ep.europa.eu/home/latest-news/news-area/mind-matters-webinar-on-world-mental-health-day.html) (Thursday 14 October) at 12:30 - a workshop on strengthening our mental well-being at the workplace, led by organisational psychologist and certified coach Natalie Schürmann. Ahead of the event, she gave us insights on the challenges we face and the importance of self-care...

Challenging time for everyone

Natalie, who has extensive experience of coaching in multinational organisations, will present her insights into the different mental health challenges we face in this unprecedented Covid-impacted era - unconsciously developing unhealthy habits, mental exhaustion, even burnout - and ways we can address them to support ourselves and others at work, based on psychology research and practice.

For Natalie, the pandemic has brought three key challenges, whatever our job and stage of career: a “collective anxiety” caused by the virus’s sudden arrival and unsettling impacts, the subsequent alienation from each other, and also what she calls the “digital intoxication” we’ve all had to deal with.

Our work-life balance has been so challenged by the blurring of boundaries that we’ve had to learn to create new boundaries, even redefine our professional and personal identity, she noted.

Of course, we all have very different personalities - for example, some may thrive with ‘hybrid’ work while others find it difficult - but mental health affects us all and is “not just something that happens to some people”, stressed Natalie. Her tips and practices will be about how we as individuals can develop more self-awareness and become more conscious of negative - and positive - mental well-being triggers.

Join the webinar on Thursday

The webinar ‘Mind Matters in hybrid working: how to stay mentally energised at work’ takes place tomorrow, Thursday 14 October, from 12:30-13:45 , via WebEx events: [click here to join](https://europeanparliament.webex.com/europeanparliament/onstage/g.php?MTID=ef3b21a0ac54059e7f5363b3d6968f6b9) (https://europeanparliament.webex.com/europeanparliament/onstage/g.php?MTID=ef3b21a0ac54059e7f5363b3d6968f6b9) .

The session will be opened by MEP Alviina Alametsä, who co-chairs the [EP coalition for mental health and well-being](https://mental-health-coalition.com/) (https://mental-health-coalition.com/) . Organised tomorrow to mark World Mental Health Day (Sunday 10 October), the webinar is part of the ongoing [Mind Matters](https://epintranet.in.ep.europa.eu/home/browse-as/human-resources/medical-service-wellbeing/mind-matters.html) (https://epintranet.in.ep.europa.eu/home/browse-as/human-resources/medical-service-wellbeing/mind-matters.html) EP staff support programme run by DG PERS.

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