

# [NIH](#) Mental Health and Well-being of Biomedical Researchers series

Webinars and small group discussions focused on various topics, bringing the entire research community together for important discussions.

## About the series

The goal of this series is to have an open and honest dialogue focused on mental health and well-being to decrease stigma and explore new tools to support ourselves and others in the biomedical research community. The series is open to all trainees, fellows, and staff at NIH and elsewhere who wish to join this important conversation.

In addition, we host in-depth conversations about practical tools related to the topic at our Thriving Thursday drop-in groups (12:00 -1:00 pm ET) the week after each session. If you are interested in diving deeper into a particular topic, you can find more information and register in [Upcoming OITE events](#).

## Series components

The 2024 series includes four sessions that are each a lecture or panel discussion followed by a question and answer time.

### 1. Burnout in Biomedical Researchers

Wednesday, March 27, 2024, 4:00 – 5:15 pm ET

Burnout, often experienced as exhaustion, detachment, and ineffectiveness, can have significant impacts on work, mental health, and overall well-being. This lecture and conversation will discuss risk factors that can lead to burnout especially in biomedical researchers, protective factors associated with prevention, and ways to manage symptoms of burnout.

[Register for this session](#)

### 2. Healthy Rest as a Steppingstone to Productivity and Well-being

Wednesday, April 24, 2024, 4:00 – 5:15 pm ET

Healthy rest is key to effectiveness at work and overall mental and physical health. However, many researchers find it challenging to incorporate it as a regular practice. This lecture and conversation will define what constitutes healthy rest, explore its benefits, discuss impediments to practice healthy rest, and offer ways to intentionally include rest into one's lifestyle.

Register for this session

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### **3. The Epidemic of Loneliness**

Wednesday, May 22, 2024, 4:00 – 5:15 pm ET

Loneliness, often experienced as distress in response to discrepancies between desired and actual social relationships or lack thereof, is becoming a growing public concern. Research shows that loneliness is associated with negative mental and physical health outcomes across the lifespan. This lecture and conversation will explore risk factors including those that may be unique to the culture of the biomedical research community and ways to reduce loneliness at both the individual and community level.

**Register for this session**

### **4. Supporting Each Other in Being Well**

Wednesday, May 22, 2024, 4:00 – 5:15 pm ET

Loneliness, often experienced as distress in response to discrepancies between desired and actual social relationships or lack thereof, is becoming a growing public concern. Research shows that loneliness is associated with negative mental and physical health outcomes across the lifespan. This lecture and conversation will explore risk factors including those that may be unique to the culture of the biomedical research community and ways to reduce loneliness at both the individual and community level.

**Register for this session**

## **Additional resources**

You can find additional recorded seminars on the [OITE YouTube channel](#).