

Mental care for researchers

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Researchers continue to challenge difficult problems in search of excellent research results. Young researchers are striving for steady posts and working hard in intense competition. Mental anxiety, frustration and disorder caused by this process are great impediments not only to the progress of research but also to the activities of researchers themselves. One of the goals of this session is to learn how to prevent and improve mental disorders that everyone could potentially become. We will introduce mindfulness and Basic-Ph, etc., and provide a chance to learn how to relieve stress and increase concentration and imagination.

Keywords: Mental care, Stress, Mindfulness meditation