
Educational seminars

Mental Health Day at Charles University 2025

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How to Self-care on Daily Bases November 6th 2025 from 3 to 7 p.m., seminar room 0.13, UK Point, Celetná 13, Prague 1
This interactive workshop is held in English by Anna Marie Pospíšilová and is primarily intended for students with special needs. It invites you to explore key strategies for maintaining well-being throughout your studies. Together, we will look at the stress response and how it affects our body and mind, learn practical tools for self-regulation, and discuss ways to recognize and address early signs of burnout. Special attention will be given to long-term prevention and self-care practices that support balance, motivation, and sustainable performance. Students will leave with a set of evidence-based techniques to strengthen their mental health in academic and personal life.

[Registration here](#)

Swipe, Stress, Scroll: Mental Health in the Digital Era November 19th 2025 from 3 to 7 p.m., seminar room P116, first floor in the main building of Faculty of Arts, UK, Jan Palach square 1/2, 116 38 Prague 1

Living and studying in a new country is a unique adventure — but it can also bring stress, loneliness, and pressure to stay constantly connected. In today's digital world, we rely on our phones to stay in touch, but too much screen time and endless scrolling can lead to increased anxiety, poor sleep and gradual deterioration of mental health.

This interactive seminar creates a safe, welcoming space to explore how technology affects our minds and emotions. We'll look at common signs of digital overload and mental health deterioration, especially among students, and introduce mindfulness-based techniques to help you reconnect with the present moment.

Through reflections, discussion, and simple exercises, you'll learn how to support your mental well-being. You'll also have the chance to share experiences and strategies with other international students and take away practical tips for managing stress — including where and how to seek professional mental health support if needed.

Whether you're feeling overwhelmed or just want to take better care of your mental space, this seminar is here to help you slow down, reconnect, and find balance in a fast-moving digital world. The workshop will be held in English by Anna Vozková and is primarily intended for students with special needs.

[Registration here](#)