

Registration

We look forward to seeing you and ask that you register by February 03, 2022, via email to europe@stk.rlp.de

Registered participants will receive the link for their participation one day prior to the event.



[www.lir-mainz.de/
resilience-lunch-breaks](http://www.lir-mainz.de/resilience-lunch-breaks)

Resilience Lunch Breaks

The new discussion series on mental health in challenging times



online event

Organized by



Session 01

Tuesday
February 08, 2022
13:00 - 14:00 hrs

Understanding Individual Resilience - Building Skills for a Sustainable Recovery

About

The COVID-19 pandemic has highlighted the importance of mental health for individual well-being and for adaptive societal responses to crises. Resilience research identifies the biological, psychological, and social mechanisms that keep individuals from developing lasting stress-related disorders when confronted with trauma, life crises, or chronic adversities. It then aims to harness this knowledge to improve prevention and rapid recovery. Promoting mental health in populations as diverse as the workforce, disadvantaged groups, the young, or the elderly requires close cooperation of science, politics, and society taking into account socio-economic conditions and cultural frameworks.

The series of one-hour “Resilience Lunch Breaks” will allow for discussions on research findings and political and societal implications and will address issues related to prevention-oriented research. It is organised by the International Resilience Alliance (intresa), the Leibniz Institute for Resilience Research (LIR) in Mainz, and the Representation of the State of Rhineland-Palatinate to the EU, in cooperation with other European partners. We invite you to learn more about resilience and how our insights can translate into political action and a change of societies starting on

Tuesday
February 08, 2022
13:00 - 14:00 hrs

**Understanding Individual
Resilience – Building Skills for a
Sustainable Recovery**

Welcome address

Dr. Denis Alt

State Secretary, Ministry of Science and Health
Rhineland-Palatinate

Keynote

Prof. Dr. Raffael Kalisch

Leibniz Institute for Resilience Research (LIR) Mainz;
intresa; FORTHEM; DynaMORE

Panel discussion

Prof. Dr. Raffael Kalisch

Solveiga Eidukynaitė-Gerard

Policy Analyst, DG EMPL, Health and Safety at work,
EU-OSHA; European Commission

MEP Estrella Durá Ferrandis

PhD in Psychology; Co-Chair MEP Alliance for Mental
Health; Member Coalition for Mental Health and
Wellbeing; European Parliament

Paul Bomke

Boardmember Mental Health Europe;
CEO Pfalzkrlinikum – Service provider for mental
health and neurology

Moderator:

Prof. Dr. Karin Roelofs

Radboud University Nijmegen; Deputy Spokesperson
intresa; Vice President Association of ERC Grantees