

Mental Health in Engineering

Health and Wellness before, during, and after COVID-19

Bios and Headshots

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Description of Theme and Research Question

Staying healthy physically and mentally is always an important part of life, but it is usually taken for granted. Under normal circumstances, most people would not think twice about it. Now, in the midst of a global pandemic, it becomes a crucial topic of reflection, as well as a personal and social responsibility to watch our health.

As people's daily routines have changed, many being confined to a single closed space for most of their day, our health and well-being have taken a hit. It has become harder to keep a healthy routine and be physically active. Not to mention the negative effect this has on the mental health of all people in society. The crisis has been especially challenging for health-care workers, people in poverty, individuals with underlying conditions, and students. As expressed by the WHO on World Mental Health Day: the added pressures to students include "adapting to taking classes from home, with little contact with teachers and friends, and anxious about their futures".

As engineering students, we are very aware of the stressors of our practice; the time and energy invested in performing outstandingly within our peers. One could argue that the COVID-19 crisis has worsened and visibilized issues that already existed in our community. We wish to encourage students to look at these problems directly and think of them as, not only a personal concern, but a social matter affecting the whole of engineering education. Today, we are presented with the opportunity to discuss these issues and ideate methods to alleviate the pressures on our health and wellbeing.

Description of Activity

Well-being breathers will be sent daily to each participant of the conference, bringing up-front the conversation of the importance of mental health in Engineering. Safe spaces will be created for people to interact, network and discuss the specific topics established.

Finally, a panel where health professionals and engineers will discuss and measure the impact of the well-being breathers. These will serve as a starting point for the much needed conversation about mental health in engineering.

Impact Plan

TBD

Timeslots

TBD