

MENTAL HEALTH DURING YOUR PhD

AN OPINION PIECE BASED ON SOME RESEARCH I DID IN MY LUNCH HOURS AND MY ENTIRELY UNQUALIFIED EXPERIENCE*



A study by the University of California, Berkeley, found nearly half of postgraduate students met criteria to classify them as depressed.¹

WHAT YOU MAY BE EXPERIENCING/FEELING (YOU ARE NOT ALONE, I PROMISE)

IMPOSTER SYNDROME

7 in 10

people experience imposter syndrome throughout their careers²



Someone is going to figure out you don't belong here soon. You look good on paper, but passing that exam was a fluke. I don't have what it takes to [do these experiments, write a thesis, succeed in academia]. These are all classic signs of imposter syndrome. **Tip:** reframe your thinking. Aim for progress, not perfection.

NO MORE TICK BOXES



You got pretty good at doing essay and lab reports - they were all short term tasks. You also got good at figuring out what questions might be asked in exams. Now you have an open ended project, with the end no where in sight. You no longer have grades to tell you if you are doing a good job. Transitioning from this undergraduate mentality can be particularly tough. **Tip:** break down your research into small, manageable goals.

FIRST TIME FAILING

You've always been the best student at school, and you did pretty well at university too. Now your science isn't working and everyone around you seems to be getting on just fine. These feelings can come about as at undergraduate level, experiments (believe it or not) are designed to work. **Tip:** remember, you are at the forefront of scientific research - if it was easy it would already have been done!



ISOLATION / GUILT

Writing your thesis can be a particularly lonely, isolating task. This can also be coupled with feelings of guilt when going about your daily life as "you should be writing". **Tips:** to manage this include still attending research group meetings/departmental seminars whilst writing. This can also be coupled with "writer's block". **Tip:** when writing, start by making figures - it is far easier to write about what a figure means.



COMPETITIVE LANDSCAPE

Unfortunately, academia often fosters competition over collaboration, when it should be the other way around. This is made worse by the fact that often the only way to gauge how well you are doing is to compare yourself against others. **Tip:** no two PhD projects are the same, so avoid comparing them.



THE WORK | LIFE STRUGGLE

55%

of PhD students are concerned about work-life balance³



There is an inherent culture of acceptance in academia of long work hours. In fact, 40% of academics report working more than 50 hours a week.⁴ This is a fault with the system. Presenteeism is a common trait observed in academia, where people work long hours due to anxiety/stress, but are not being efficient in these long hours. **Tip:** aim to be efficient inside normal working hours then focus on "you" time.

Guide To Mental Health

L Reisser



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Table of Contents Guide To Mental Health

1. Understanding the eBook Guide To Mental Health
 - The Rise of Digital Reading Guide To Mental Health
 - Advantages of eBooks Over Traditional Books
2. Identifying Guide To Mental Health
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Guide To Mental Health
 - User-Friendly Interface
4. Exploring eBook Recommendations from Guide To Mental Health
 - Personalized Recommendations
 - Guide To Mental Health User Reviews and Ratings
 - Guide To Mental Health and Bestseller Lists
5. Accessing Guide To Mental Health Free and Paid eBooks
 - Guide To Mental Health Public Domain eBooks
 - Guide To Mental Health eBook Subscription Services
 - Guide To Mental Health Budget-Friendly Options

6. Navigating Guide To Mental Health eBook Formats
 - ePub, PDF, MOBI, and More
 - Guide To Mental Health Compatibility with Devices
 - Guide To Mental Health Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Guide To Mental Health
 - Highlighting and Note-Taking Guide To Mental Health
 - Interactive Elements Guide To Mental Health
8. Staying Engaged with Guide To Mental Health
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Guide To Mental Health
9. Balancing eBooks and Physical Books Guide To Mental Health
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guide To Mental Health
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Guide To Mental Health
 - Setting Reading Goals Guide To Mental Health
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Guide To Mental Health
 - Fact-Checking eBook Content of Guide To Mental Health
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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