



MANAGING YOUR WELLBEING DURING YOUR PHD

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WHAT WOULD YOU LIKE
COVERED IN THE SESSION
TODAY?

✓ RESEARCH DEGREE?

✓ HIGHEST QUALIFICATION EVER!?

✓ LONG-TERM COMMITMENT?

✓ LIFE!?

W H A T A P H D I S ...

YOUR LAST RESEARCH WORK!

FULLY FINISHED PRODUCT

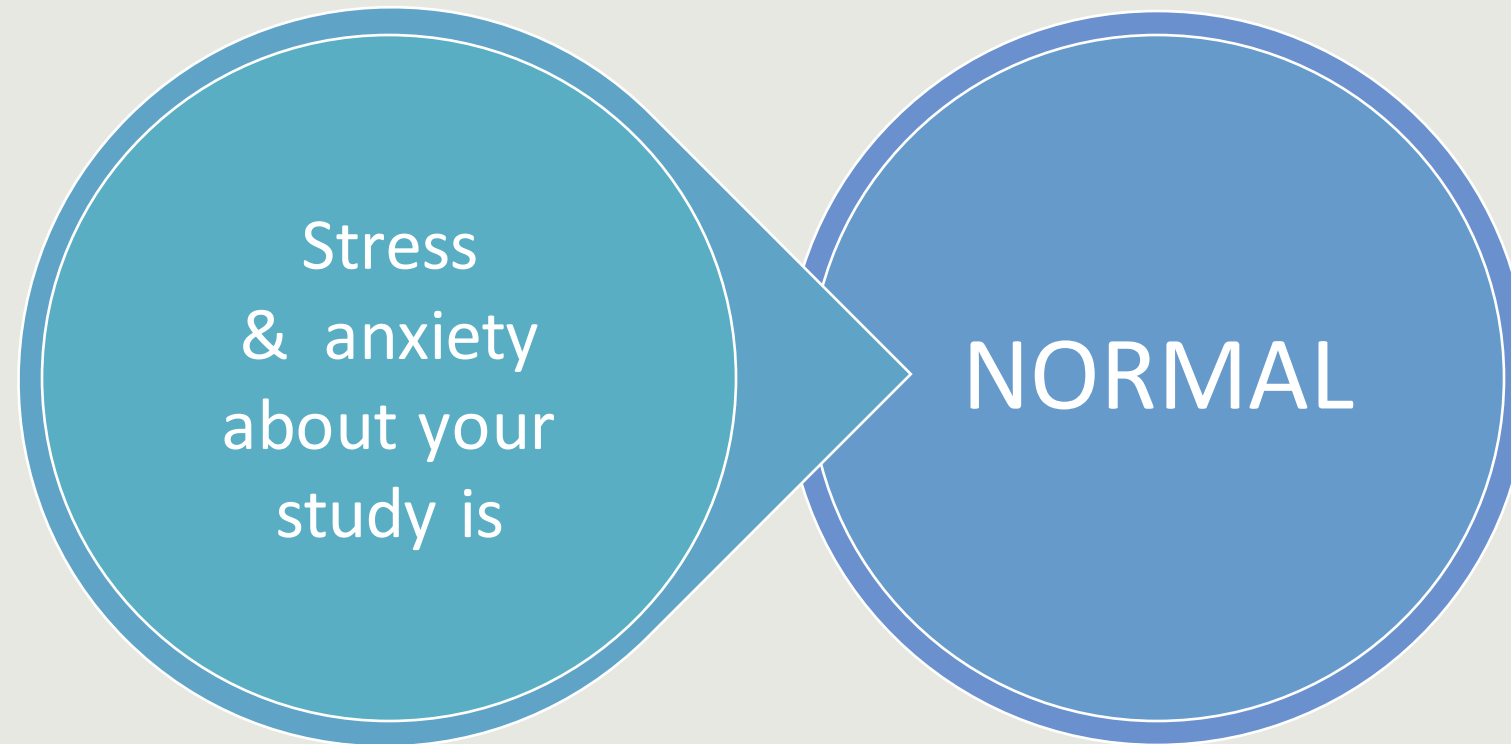
ALWAYS SELF-MOTIVATING

WASTE OF TIME

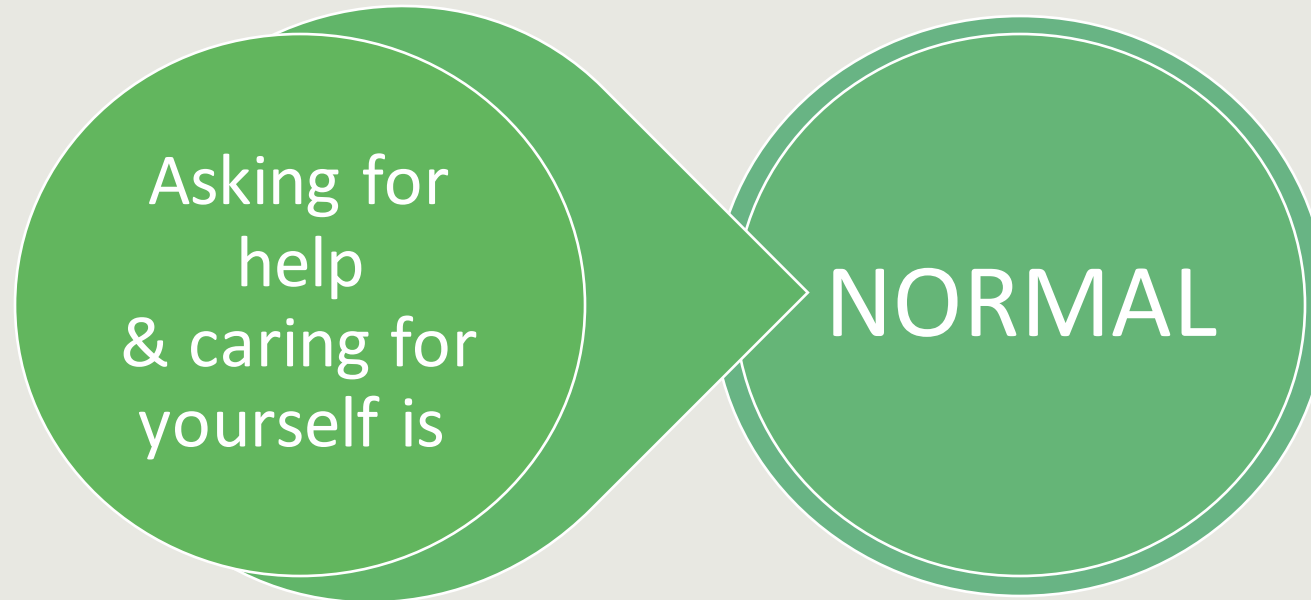
L I F E!

WHAT A PHD IS ~~NOT~~...

POSTGRADUATE WORK



POSTGRADUATE LIFE



SELF-DISCIPLINE



- ✓ If you've got this far, your self-discipline skills are probably pretty good!
- ✓ Some of you might want to treat your **PhD as a job**.
- ✓ Others know they work better **at particular times** of day or night.
- ✓ If you aren't much of a planner or if your studies are likely to be quite unstructured, it might be worth sitting down **with a paper copy of your calendar**, and actually planning out when you're going to get everything done.
- ✓ This would also include putting in some **downtime and procrastination breaks** which are extremely important.

PROCRASTINATION



- ✓ Understanding your working process.
- ✓ What excuses do you give yourself?
- ✓ Motivation – setting up long & short-term rewards.
- ✓ Prioritizing tasks – most difficult task first.
- ✓ Taking enough breaks!

PROCRASTINATION

Don't wait for a
good mood day.

Don't wait to feel
ready/excited to
start studying.

Instead, start studying
and create the feeling
of readiness through
your actions.

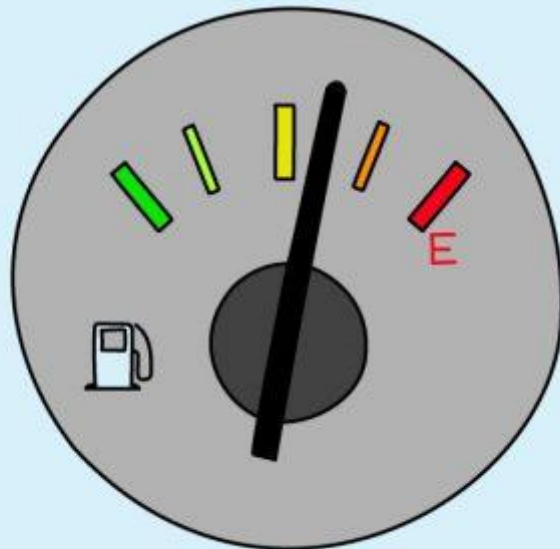
PLANNING YOUR GOALS



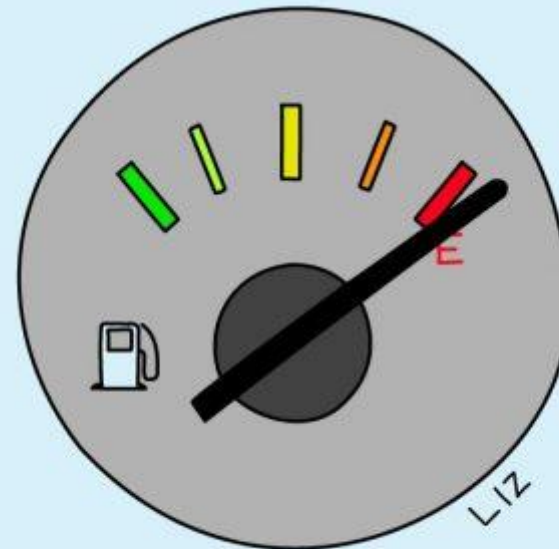
BURNOUT

Even the best car cannot reach its destination without enough fuel in the tank!

WHEN WE SHOULD
TAKE A BREAK

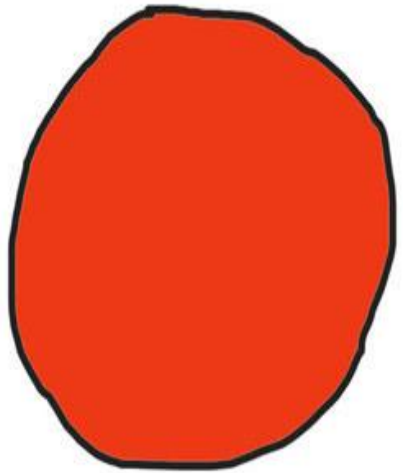


WHEN WE ACTUALLY
TAKE A BREAK



IMPOSTER SYNDROME

TYPES OF PEOPLE WHO CAN
HAVE IMPOSTOR SYNDROME:



■ ALL THE SMART, SUCCESSFUL
PEOPLE THAT YOU THINK
HAVE THEIR SHIT TOGETHER

“Imposter syndrome is defined as **persistent feelings of inadequacy**, inability to believe that one's success is deserved or has been legitimately achieved as a result of one's own efforts or skills, and often **a fear of being exposed as a fraud**. These feelings are not ascribed to external measures of competence or success, but internal feelings of not being good enough for your chosen role.”

Experiencing these thoughts and feelings is not related to objectively lower levels of competence/ability.

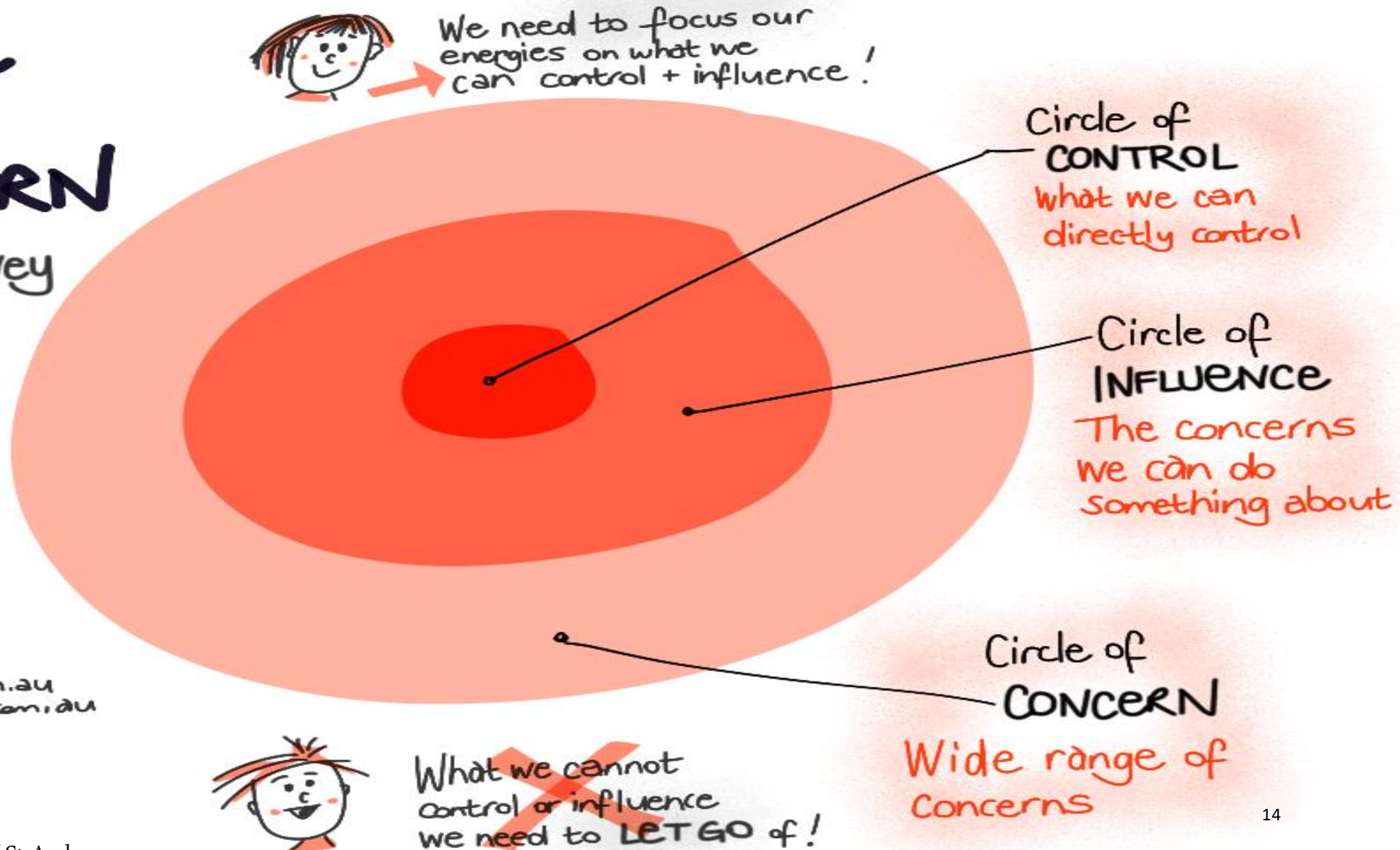
On the contrary, these thoughts and feelings are more common amongst high achievers and successful people – there's more to lose (plenty of examples across business, science, politics, arts, etc.).

IMPOSTER SYNDROME

- ✓ Recognize that you are human and make mistakes, we all do.
Also acknowledge the value in making mistakes.
Do we learn something new without making mistakes?
- ✓ Fact vs Opinion
List out the facts about your achievements.
Separate them from your opinion of yourself.
Engage with the facts to guide you.
- ✓ Connect with others.
The more you share, the more you'd find that others are feeling the same.
- ✓ See things in their context.
Check-in with yourself.
Give your day a number/ colour/ song to assess where you are at.
Is it a 10/10 day for you? If not, what does success mean on such a day?

WORRY

CIRCLE of CONCERN by Stephen Covey



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DRAWING

SELF-COMPASSION

“Self-compassion involves **acting the same way towards yourself** when you are having a difficult time, fail, or notice something you don’t like about yourself. Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are **kind and understanding when confronted with personal failings** – after all, who ever said you were supposed to be perfect?”

Kristin Neff

(Associate Prof, Education Psychology Dept., U. of Texas Austin)

SELF-COMPASSION

Self-Compassion is:



Self Kindness

Be loving towards ourselves, instead of self-critical.



Common Humanity

Everyone suffers.
You are not perfect. No one is. You are not alone.



Mindfulness

Notice our struggle. Feel it, instead of being reactive. Be with it, avoiding self-judgement or overreaction.

5 WAYS TO WELLBEING

'Five Ways to Wellbeing' for Every Day

(www.neweconomics.org)

Connect

- Being well connected and sociable with people around us is good for wellbeing and mental health
- Develop positive relationships with your family, friends and neighbours that enrich your life every day
- Going out and mixing with other people will help you stop focusing on your worries and fears
- Plan in more time to be sociable, join a club or meet new people
- Consider old friendships you would like to remake.

Further information:
www.mindingyourhead.info

Be Active

- Physical activity can improve wellbeing, reduce anxiety and depression
- Aim to be active every day and minimise the amount of sedentary inactive time
- Over a week aim to accumulate at least 2½ hours of moderate intensity activity eg. 30 minutes on at least 5 days a week
- Find an activity you enjoy and that suits your mobility and lifestyle
- Build exercise into your daily life.

Further information:
www.getalifegetactive.com
www.armagh.gov.uk
www.banbridgeleisure.com
www.discovercraigavon.com
www.dungannon.gov.uk
www.newryandmourne.gov.uk

Take Notice

- Taking notice, being aware and mindful is associated with positive mental health and wellbeing
- Take time to notice and appreciate nature, everyday life and moments
- Be aware of the world around you and how your body responds to this and what you are feeling
- Pause and reflect
- Learn to recognise signs of poor mental health and stress in yourself and your friends and family :
 - Changes in sleep or eating patterns
 - Angry for no reason
 - Anxiety
 - Difficulty concentrating and making decisions

Further information:
www.get.gg

Keep Learning

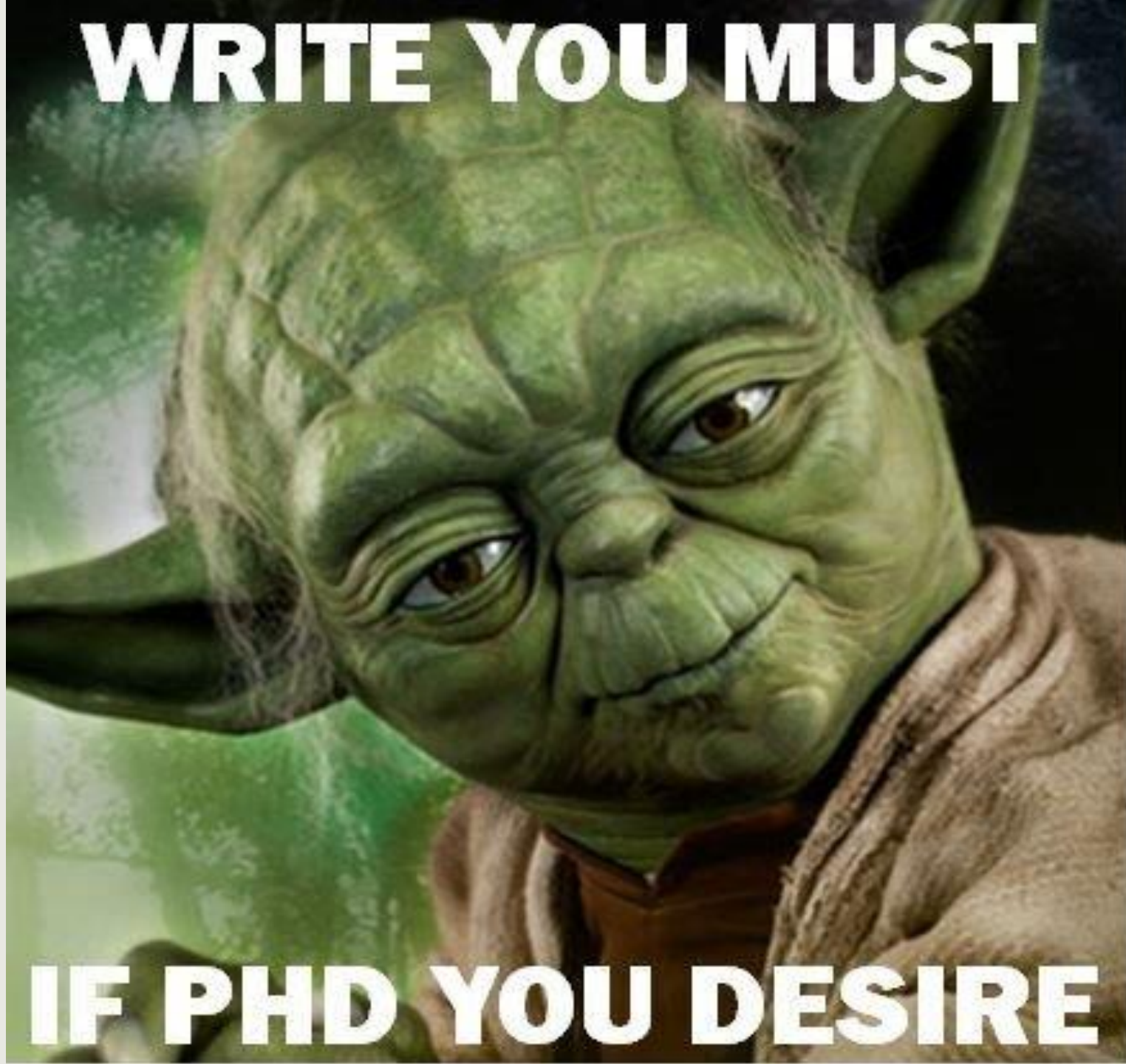
- A lifestyle that values learning is positively associated with mental health and wellbeing
- Try something new or rediscover an old interest
- Take on a challenge you will enjoy achieving
- Think about what you would like to learn, what your interests are and what would be useful in your life
- You can access books and other resources to support your wellbeing through your library.

Further information:
www.librariesni.org.uk
www.src.ac.uk
www.yourhealthinmind.org

Give

- People who enjoy giving are open to receiving, have improved mental health and wellbeing
- Do something nice for a neighbour or friend
- Thank others who give you their time
- Smile more
- Enjoy helping friends and doing things to help other people like volunteering or fundraising for a local charity.

Further information:
www.volunteernow.co.uk



WRITE YOU MUST

THANKS!

IF PHD YOU DESIRE