

Practical advice for doctoral candidates for developing knowledge and understanding of mental health and wellbeing

How the University can help you

- Take a look at the *(add the name of your institution)* web resources around wellbeing *(add links to relevant resources at your institution)*
- Remember that the University's counselling service is here to help *(link to the counselling service at your institution)*

Vitae Resources

- Take a look at **Vitae's wellbeing and mental health webpages** including new resources developed especially for the **Mental Health Awareness Week**
- Consider your attributes and those you might need to develop through the **wellbeing and mental health lens**
- Read the Vitae **Researcher wellbeing & mental health** leaflet that followed studies conducted in May 2018

Resources for maintaining wellbeing

Are you feeling overwhelmed?

Are you unsure where to start?

- Download the **Vitae Schedule for success wall planner**
- Consult Vitae tips on **overcoming challenges common to doctoral researchers**

Do you find it hard to motivate yourself?

- Consider how you could **manage your time more effectively, reduce stress and anxiety** with these tips

Do you have a good work-life balance?

- Read Vitae's '**Balanced Researcher**' booklet
- Take a look at **Vitae's tips to help achieve a good work-life balance**

Are you using your support network?

- Chat about this with family or friends
- Have a conversation about this at your next supervision

Do you often feel tired or have low energy?

Do you get enough quality sleep?

- Take a look at these handy guides to **sleep and tiredness, sleep habits and sleep problems**

Do you often miss meals?

- Take a look at this helpful guide: **Food for Thought**

Are you active throughout your day?

- Could you join an exercise club?
- Consider taking part in the University sports programme available *(link to your institutional sports/activities webpage)*

Do you give yourself time to relax and reflect?

- Take 3 minutes to watch this **desk relaxation video**
- Read this useful NHS guide about **reducing stress**

Supportive wellbeing interventions

Do you feel low or anxious?

Have you experienced low mood recently?

- Take a look at this information about **depression and low mood** and **trying to stay happy during your doctorate**

Have you felt anxious about your abilities?

- Listen to the **podcast on imposter syndrome** by Vitae and Taylor & Francis.

Are you struggling with social anxiety in particular?

- Take a look at this advice from Mind about **panic and anxiety** and **from the NHS**

Are you feeling lonely or isolated?

- Look at ways to connect with your university community through their societies *(link to the societies and clubs at your institution)*
- Consider contacting the your University counselling service *(link to the counselling service at your institution)* for further help and advice