

Practical advice for developing knowledge and understanding of PGR mental health and wellbeing

Are you interested in learning about Wellbeing and Mental Health?

Find out what we're doing at the University of Manchester

- Listen to the 'All Bee-ing Well' student led [podcast series](#)
- Take a look at the [Wellbeing Calendar](#) for UoM events and workshops
- Learn about the [Six Ways to Wellbeing](#)

Consult Vitae resources

- Read the Vitae [leaflet](#) on Researcher Wellbeing and Mental Health

Resources for maintaining wellbeing

Are you feeling overwhelmed?

Are you unsure where to start?

- Consult Vitae advice on [overcoming challenges](#) common to doctoral researchers

Do you find it hard to motivate yourself?

- Have a look at this [workshop](#) on managing your time effectively
- Consider attending a [workshop](#) on developing your resilience

Do you have a good work-life balance?

- Read this Vitae [booklet](#) on establishing balance as a researcher
- Take a look at [tips for researchers](#) to achieve a good work-life balance

Are you using your support network?

- Have a conversation about 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 this NHS [guide](#) on sleep problems

Do you often miss meals?

- Take a look at this helpful [guide](#): Food for Thought

Are you active throughout your day?

- Join a [walking group](#) or [running club](#)
- Consider taking part in [Be Active](#)

Do you give yourself time to relax and reflect?

- Watch this [video](#) on relaxation at your desk
- Consider practising [mindfulness](#)

Supportive wellbeing interventions

Do you feel low or anxious?

Have you experienced low mood recently?

- Take a look at this NHS [guide](#) to depression and low mood

Have you felt anxious about your academic abilities?

- Listen to this [Podcast](#) on Imposter Syndrome by Vitae and Taylor & Francis

Are you struggling with social anxiety in particular?

- Consult this NHS [guide](#) on anxiety
- For more specific advice, consult this NHS [guide](#) on shyness and social anxiety

Are you feeling lonely or isolated?

- Look at ways to [connect](#) with your university community
- Consider contacting the [UoM Counselling Service](#)