

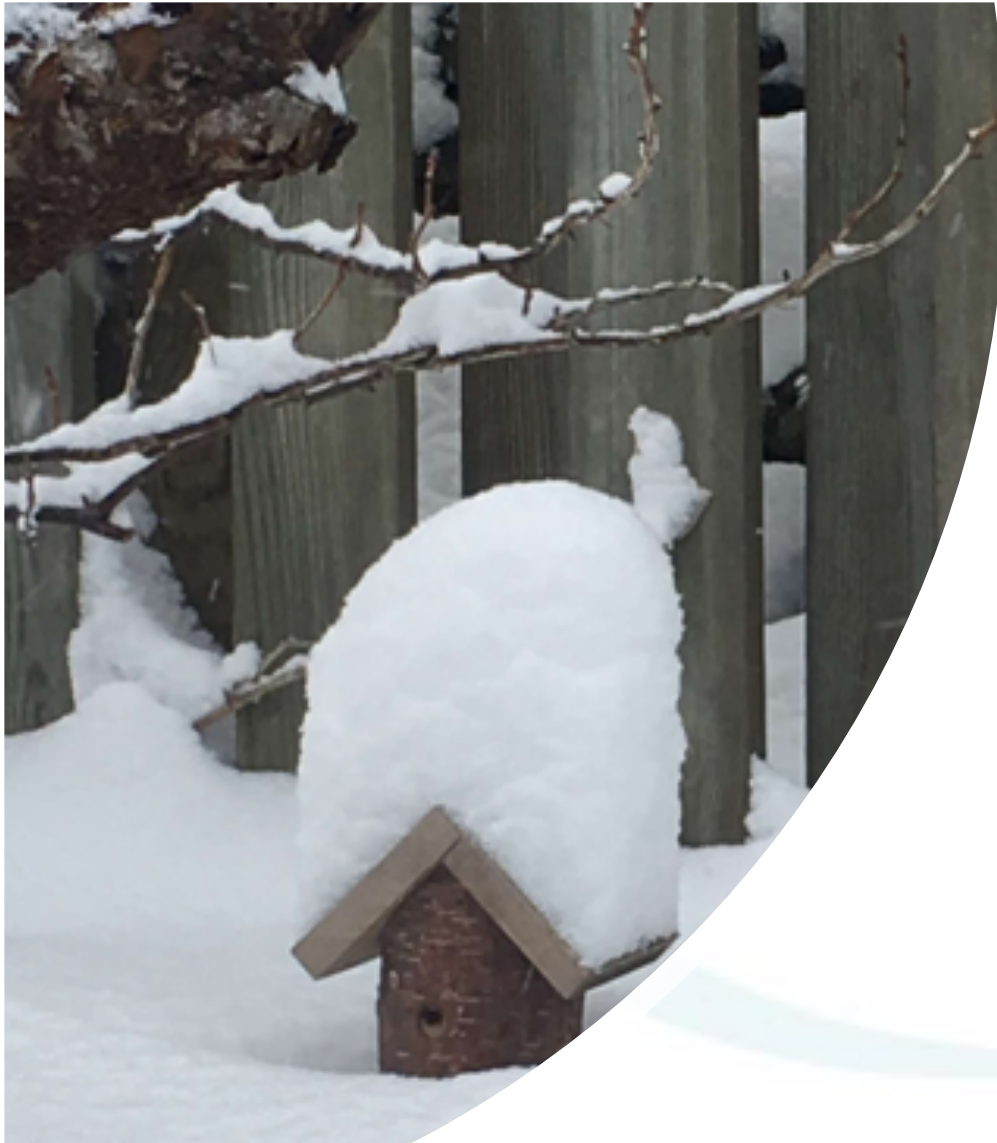
Whilst we wait to convene, please introduce yourself in the chat pane and confirm that you can hear the background music.

5 point to the first to identify it!

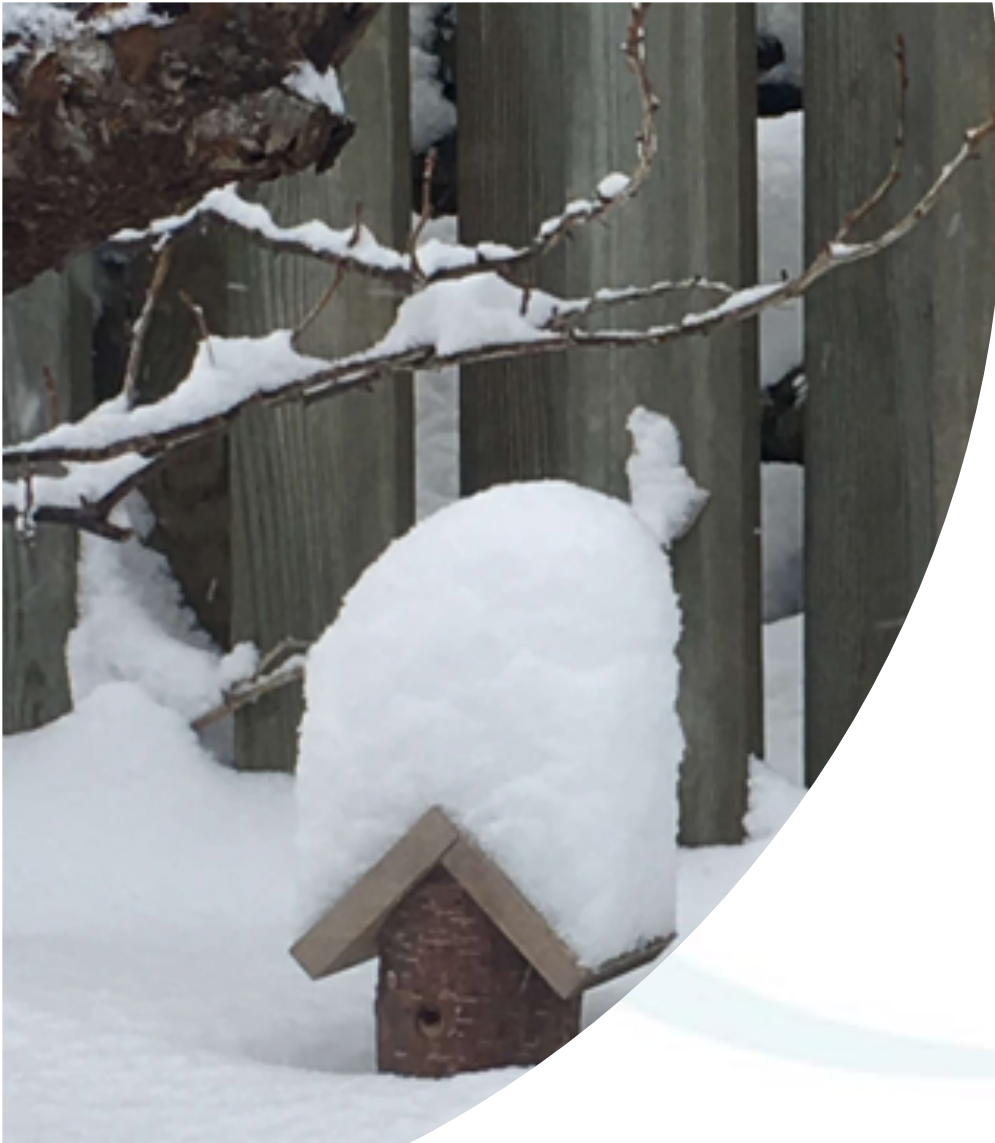
## Researcher Wellbeing & Resilience

I'm new to this, so please bear with me... and put any questions in the chat pane. If you prefer these to be private, message me separately





# A bit of personal context



Uncertainty  
is corrosive

It's ok not to  
be ok

# Still learning

- A few possibilities for audience participation
  - Sharing tips to help resilience
  - Asking questions
- Talk to me on twitter @sarashinton
- Edinburgh researchers – email me with ideas for next session

# Old wine in new bottles

- This is a workshop that I've delivered face to face many times
- I'll adapt as I go
- In time I'll learn how to run online workshops, but it's helping me to carry on training

Wellbeing advice

Researcher  
development  
expertise

Suggestions  
from researchers

Standing up to  
nonsense



**Mental health  
advice**

**Clinical  
expertise**

**Set of rules**

**Accepting  
nonsense**



[www.ed.ac.uk/iad](http://www.ed.ac.uk/iad)

Image: <https://www.freepik.com>

Why me?

IOP guide author

20 years  
supporting  
researchers

Full of bad habits



designed by freepik.com

People vector created by freepik - [www.freepik.com](http://www.freepik.com)



# Don't just sit there!



In the chat pane

- Interrupt me
- Ask questions
- Share perspectives and ideas



# What can you do?



[http://yourselfseries.com/teens/files/2012/09/resilience\\_building1.jpg](http://yourselfseries.com/teens/files/2012/09/resilience_building1.jpg)



There are new holes  
in our buckets!

Don't expect  
"business as usual"

BE KIND AND  
PATIENT



[www.ed.ac.uk/lad](http://www.ed.ac.uk/lad)





INSTITUTE FOR  
ACADEMIC  
DEVELOPMENT



I'll put this on the  
blog afterwards



www.ed.ac.uk

<https://blogs.ed.ac.uk/iad4researchers/>

- Why?

- helps to respond to problems rather than just reacting to them
- makes it easier to be objective about your situation and come up with solutions when you aren't feeling low
- might help you to see a pattern or trigger which you can avoid or tackle

I'm worried I won't get a good job after my degree

I feel tired all the time

My contract runs out soon and I don't have another

Competition for funding means my proposals keep being rejected

I'm expected to do too much, all at once

I don't know what I'm going to do after my degree

I'm not good enough at maths to do the analysis

I'm poorly managed

I can't keep up with my workload

I don't know how to solve the problems in my research

I'm always being criticised

I don't know how well I'm doing and never get any useful feedback

I think everyone understands this better than me

I make lots of mistakes

I don't have any help

I'm not sleeping

There's no-one I can talk to about how I feel

All I ever do is work or study

I haven't done what I thought I could achieve in this time

There's no clarity about what I should be doing



# Don't recognise any of these?

Take a step back  
Make a note of when you feel  
stressed or your confidence drops  
and why you think this is  
Talk to someone about these feelings  
when you are feeling more positive





# Some motivations

- Set backs in science are COMMON
- COMPETITION means you will face REJECTION at some point
- If you supervise others as an academic, you will need to help them be more resilient
- Being flexible and positive will help in all careers
- Feeling in control will help you face challenges constructively



# Strategy 1: Reduce Isolation



Do I recognise this?  
What could I do to  
reduce my isolation?

## Strategy 2: Recognise Imposter Syndrome

Do I recognise this?  
What could I do to  
reduce my imposter  
feelings?





## Strategy 3: Rest Properly

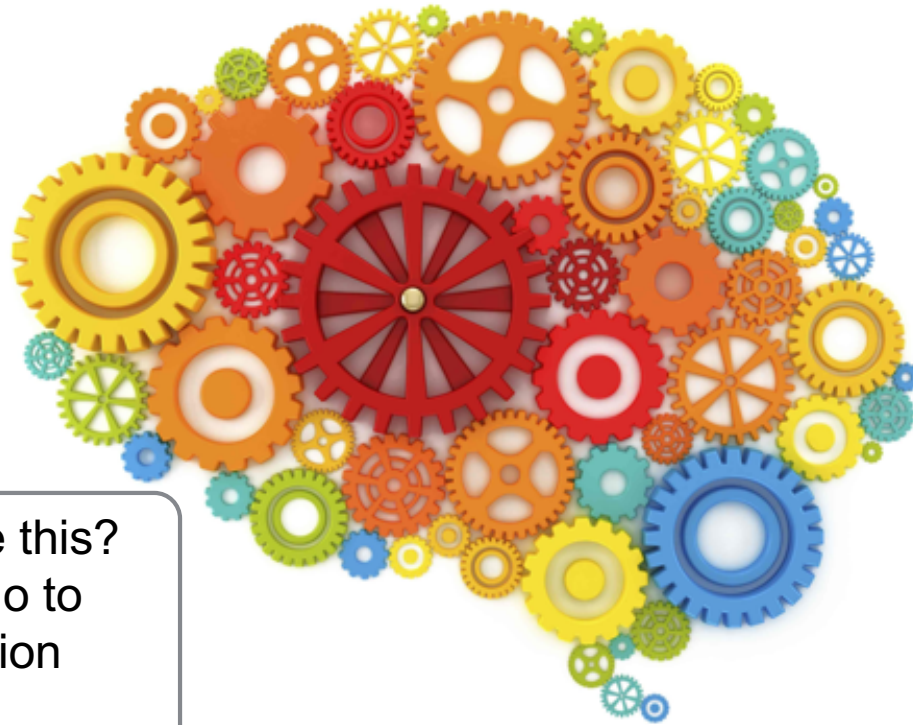
Do I recognise this?  
What could I do to  
properly rest and  
recuperate?

## Strategy 4: Ask for Help



Do I recognise this?  
What could I ask for  
help?  
**AND WHO COULD I  
HELP?**

## Strategy 5: Be objective



Do I recognise this?  
What could I do to  
view my situation  
objectively?





## Strategy 6: focus on fewer things, do them better

Do I recognise  
this?  
What could I do to  
make better use of  
my strengths and  
best times?

What's on my  
to-do list today?



Oh right.  
*EVERYTHING.*



## Strategy 7: schedule everything you aren't getting done

Do I recognise this?  
What could I change about how I use my time every day?



## Strategy 8: technology should help not hinder



Do I recognise this?  
What could I change about my internet/phone/tech use?



## Strategy 9: Coping Strategies



Do I recognise this?  
What are my coping strategies?



# Strategy 10: Learn from Failure



Do I recognise this?  
What have I learnt from  
failures on the past?

# When things start to go wrong

get help if you start to feel very negative and down about yourself and your situation.

increasingly tolerant and understanding about mental health issues

statistics suggest that most of us will experience issues either personally or in our close family and social circles.



with

[www.ed.ac.uk/iad](http://www.ed.ac.uk/iad)



# Thinking ahead to another session

- What other topics could I cover?
- How do I make this a better experience for you?
- Any pro-tips welcome!
- Keep an eye on @sarashinton for the next session



# Today's intro music...

