

# Queen Mary University of London PhD Induction

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# PGR Wellbeing Support

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Advice & Counselling Service

# The importance of your wellbeing

Common PGR issues:

Moving from structured to unstructured study  
(Anxiety, lack of motivation, self-doubt / imposter syndrome)

Isolation / Homesickness / Culture shock

Overworking/Work-life balance

# Coping with these challenges

**Step 1:** Be honest with yourself- Acknowledge any difficult feelings or experiences.

**Step 2:** Make changes / seek support to address these feelings and experiences.

# Wellbeing Support at QMUL ACS:

**PhD Support Group**- Talk to others who are going through similar, difficult experiences in a safe and confidential space [PhD Support Group - Advice and Counselling Service \(qmul.ac.uk\)](https://qmul.ac.uk/acs/phd-support-group)

**Other Wellbeing Support at ACS**- Individual Counselling, Mental Health Advice, Student Wellbeing Advice, Groups and Workshops, Online Wellbeing Resources [Wellbeing support - Advice and Counselling Service \(qmul.ac.uk\)](https://qmul.ac.uk/acs/wellbeing-support)

**Sexual Assault & Harassment Advice**- Specialist support for any QM Student [Sexual assault and harassment advice - Advice and Counselling Service \(qmul.ac.uk\)](https://qmul.ac.uk/acs/sexual-assault-harassment-advice)

## Other Support:

Wellbeing Training for Researchers from the Doctoral College [Wellbeing Training for Researchers – Doctoral College \(qmul.ac.uk\)](https://www.qmul.ac.uk/doctoralcollege/wellbeing-training-for-researchers)

Disability and Dyslexia Service- Find out what practical support or adjustments may be available for students with disabilities, specific learning differences, mental health issues or for students with conditions on the autistic spectrum [Disability and Dyslexia Service - Disability and Dyslexia Service \(qmul.ac.uk\)](https://www.qmul.ac.uk/disability-dyslexia-service)

# Remember...

You don't have to suffer in isolation- Join the PhD Support Group: share your difficulties, give and receive support, find solace and strength.

Pay attention to your wellbeing: try to take guilt-free breaks, socialise, join societies, use annual leave and enjoy your hobbies- this is part of being productive.

Use the range of wellbeing support and advice available at the Advice & Counselling Service and elsewhere across QMUL.

