

TOP 5 TIPS

Research Survival: How to manage your health and wellbeing on your research journey



SLOW THE FLOW

The media is fully aware that our brains fixate on threat, uncertainty, and negativity - and they capitalise on it. To reduce anxiety, it is important to be aware of and take control of your information diet.



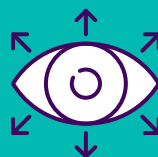
CHARGE UP

The body is like a car battery: we must expend energy to make energy. We can charge up by paying attention to our physical needs: planning healthy meals in advance, developing a regular exercise routine and practicing sleep hygiene.



STAY CONNECTED

Research suggests that when it comes to social interactions, it's quality, not quantity that matters. Cultivate the connections that make you feel comfortable, heard and understood.



GET PERSPECTIVE

Ask yourself: What is the worst possible outcome? What is the best? What is the most realistic? How do I direct my efforts towards the outcome that I want? How important will this moment be in a years time?



DEVELOP A SELF CARE PLAN

A self-care plan can help you enhance your health and wellbeing, manage your stress and maintain professionalism.