GRADUATE STUDENT MENTAL HEALTH

Graduate students experience high rates of mental illness

Tips to Improve Mental Health:

- Work on projects you care about
- Invest in activities and relationships outside research
- Prioritize peer support
- Explore available resources at your school
- Set clear expectations with your supervisor early and communicate your needs and aspirations

Unique stressors graduate students can face



Pressures to publish



Ambiguous expectations



Financial Concerns

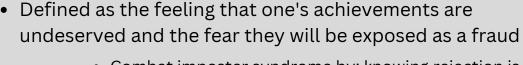


Employment uncertainty post-degree



Poor relationship with supervisor

Imposter Syndrome





Combat imposter syndrome by: knowing rejection is a part of the process, embrace not knowing everything, find a trusted source to discuss your feelings with, focus on past successes.



 Defined as a "state of emotional, physical and mental exhaustion caused by excessive and prolonged stress"



 Combat burnout by: learning to say "no", set boundaries with you and your work, try to socialize with fellow students, exercise.



<u>References</u>

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