

Building personal resilience and handling stress

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&**



Scholar Minds

A mental health network for Berlin's scholars



Agenda



Scholar Minds
introduction



Building
resilience



Handling work-
related stress



Q&A session
and discussion

Scholar Minds – who are we and what do we do?

We strive to ensure the mental health of Berlin’s early career researchers (ECRs) via...



Networking & support

- Mental health resources & information (website)
- Workshops (e.g., “PhD toolkit 101”) and mental health conferences

Psychoeducation & awareness

- Talks (e.g., “Growing up in science”)
- Social media presence

Status quo assessment

- Mental health survey in Berlin

PhDs: the tortuous truth

Nature's survey of more than 6,000 graduate students reveals the turbulent nature of doctoral research.

36%

of respondents have sought help for anxiety or depression caused by PhD studies. One-third of them sought help from places other than their institution, and 18% sought help at their institution but didn't feel supported.

Source: *Nature* PhD Survey 2019

Scholar Minds Survey 2021 (300+ participants)



21%

Clinically meaningful levels of depression symptoms



17%

Clinically meaningful levels of anxiety symptoms



27%

Severe loneliness

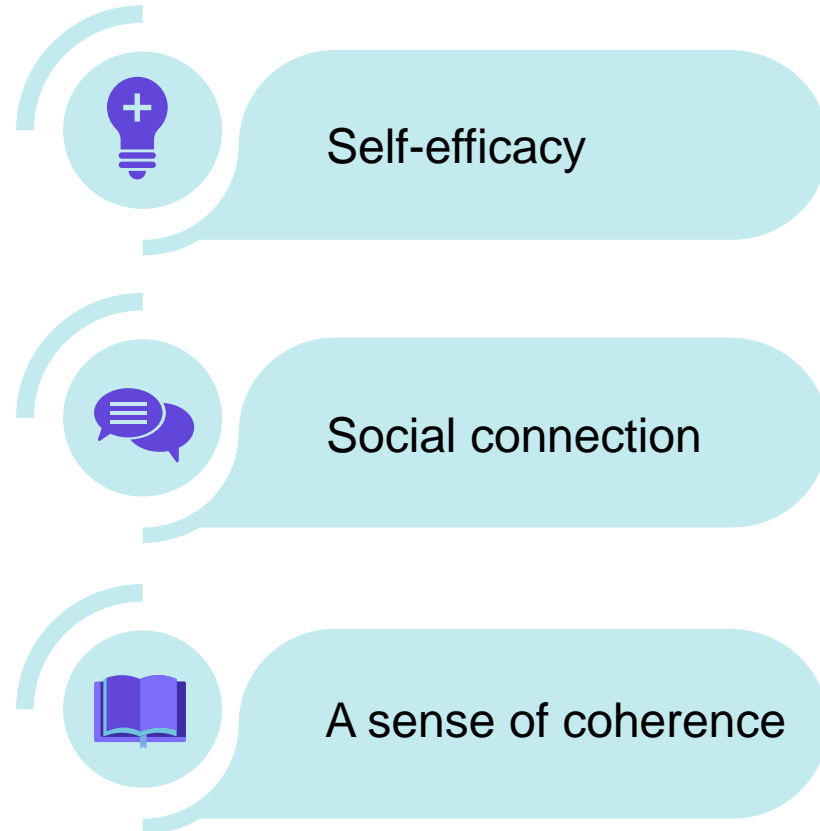


Elevated levels of burnout compared to the general population

Building resilience

Resilience

the capacity to recover quickly from difficulties; toughness; hardiness



Self-efficacy: identify resources



Social



Institutional

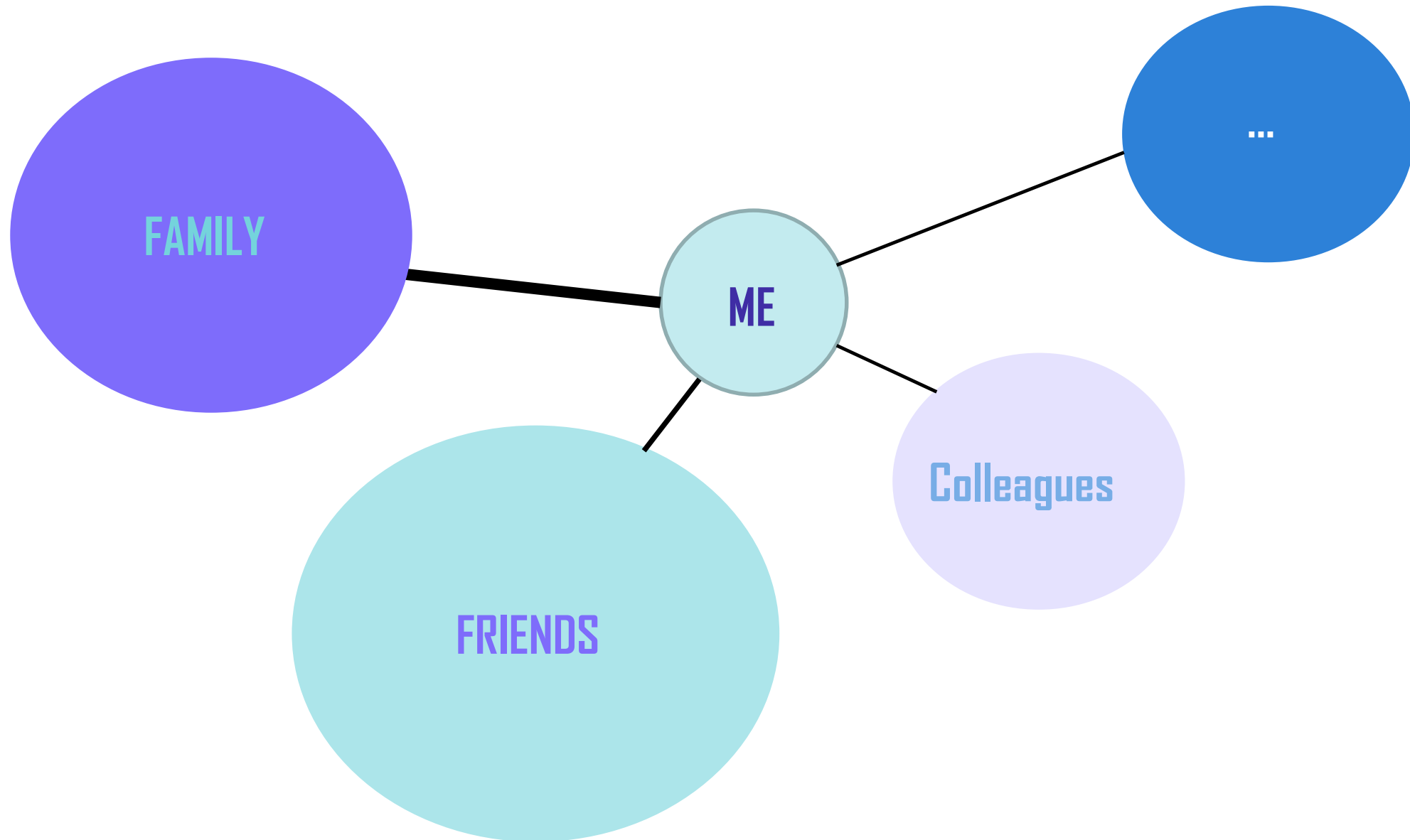


Financial

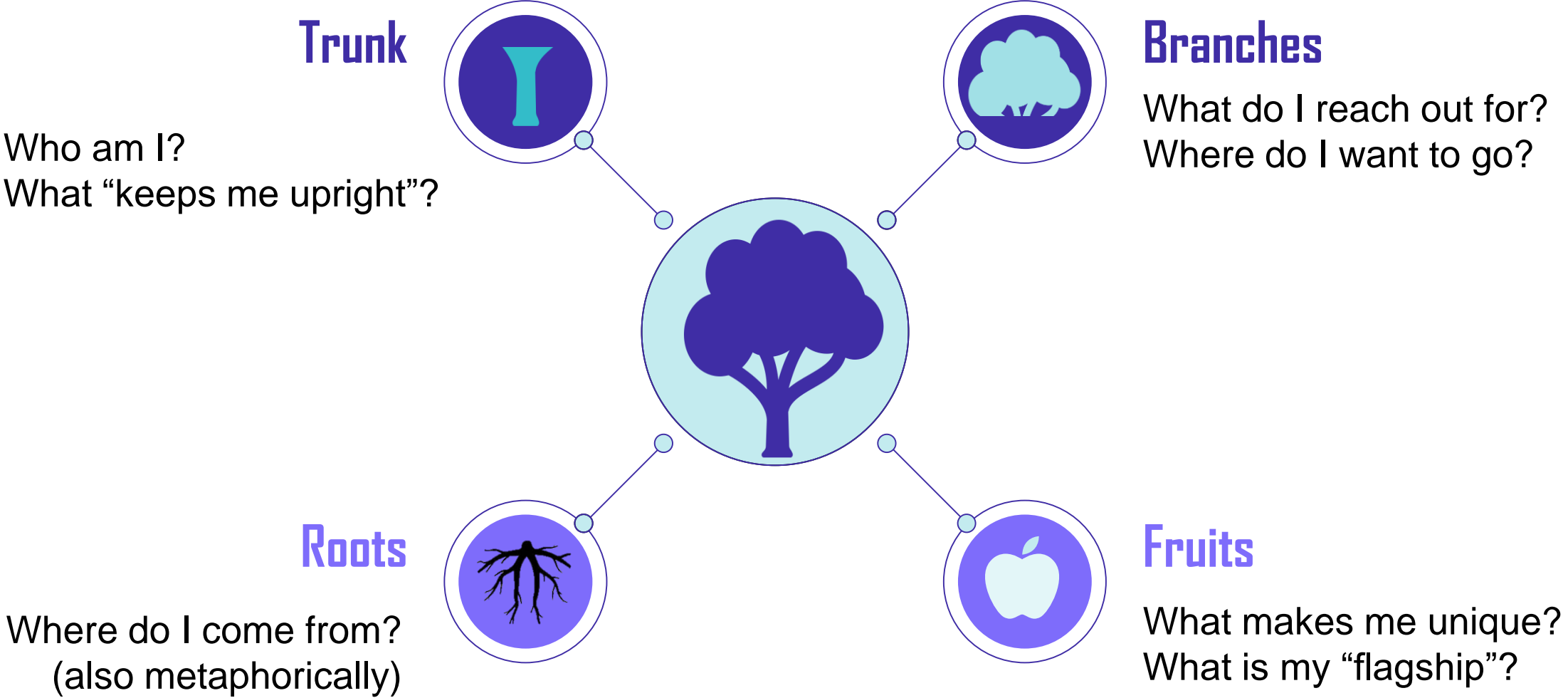


Personal

Social connection: consider your support network



A sense of coherence: build a narrative



Handling work-related stress

Work-life balance

- Distinguish work and leisure time
- Start and end rituals

Communication

- Exchange with others
- Tell someone



Structure

- To-do lists
- Routines

Positivity

- Be kind to yourself
- Do something you enjoy

Final words

Big ventures, such as being in graduate school, can be straining on our mental health.

It is important that we are aware of it and are kind to ourselves.

Seek help if needed.



Thank you for your attention!

Feel free to contact **me** or **Scholar Minds!**



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BerlinMinds



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