

# Six Ways To PGR Wellbeing

The University's Six Ways To Wellbeing is an evidence-based framework designed to support wellbeing. As a PGR you will face a unique set of challenges and experiences as you navigate your research programme. Below we have compiled some suggestions for ways in which you can implement the Six Ways along your journey.

## Take Notice

- Key to supporting your wellbeing as a PGR is taking notice of your work routine and how you are managing this on a daily basis
- Avoid burnout by ensuring you are using your annual leave regularly
- Research indicates that the optimal time to work productively is 90 minutes. Apps such as Timely can help you track your working time before taking a break
- Use your commute, whether that be your commute onto campus or a 'psychic commute' if still working from home, to allow your brain space to feel calm and prepare for the day ahead

## Be Active

- With a full schedule and possibly other commitments outside of your research too, some days finding the time for a gym session can prove challenging
- Research has shown though that just standing or walking for two hours a day can help avoid health problems
- Remember to take a break from your desk at least once an hour, getting a bit of fresh air if you can
- Try incorporating short workout sessions into your day with apps like the 7 minute workout app, or try some [desk yoga](#)

## Be Healthy

- When it comes to health, being well mentally is as important as your physical health. You can practice mindfulness through this resource which has been designed specifically for PGRs
- Research has shown anxiety is more prevalent in the PGR population, and there is a link between anxiety and poor sleep quality
- Try to optimise your sleep schedule; set a fixed wake up time, foster pro-sleep habits during the day such as getting daylight early on to regulate your body clock, move around regularly, and monitor your caffeine intake
- It can be tempting to skip meals or grab convenience food, but eating well is key to good physical and mental health. There are some tips [here](#) on healthy eating

## Learn and Discover

- Remember that while completing your PGR programme you are learning to be a researcher; you are not expected to be an expert from the beginning. It's important to congratulate yourself on each accomplishment along the way, no matter how small
- My Research Essentials can help you develop the skills needed for a postgraduate research programme
- The ongoing situation with coronavirus means you may have had to learn and develop new ways of working; remember this is new and unprecedented and you will [not be able to be as productive](#) as you had been
- Current PGR Marina Gardasevic has written [this blog](#) about the benefits of taking up new hobbies and learning new skills

## Give

- As a PGR you give to your community in numerous ways; you are making a valuable contribution to your research field purely through the process of completing your programme
- The coronavirus crisis has demonstrated the many ways that all of us have been generous. As a PGR you may have continued to support your undergraduate community through online teaching, and you may have been able to share your expertise with others in the research community
- There are many other ways to give: you will find some suggestions [here](#)

## Connect

- Connecting with others is vital to our wellbeing, be that professionally or socially
- Establishing a professional network will help you begin to develop your academic identity and feel confident within your research community. You may find it helpful to attend conferences, or engage with others in your field on platforms such as Twitter. More tips can be found on [PGR Life](#)
- Establish your social network by looking out for activities organised within your research group, School or Faculty. The [Students' Union](#) also offers a wide range of societies for all kinds of interests.