

Queen Mary University of London PhD Induction

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PGR Wellbeing Support

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Counsellor & PhD Support Group Facilitator

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://www.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://www.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://www.qmul.ac.uk/acs/sexual-assault-harassment-advice)

Other Support:

Wellbeing Training for Researchers from the Doctoral College [Wellbeing Training for Researchers – Doctoral College \(qmul.ac.uk\)](#)

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 \(qmul.ac.uk\)](#)

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.

