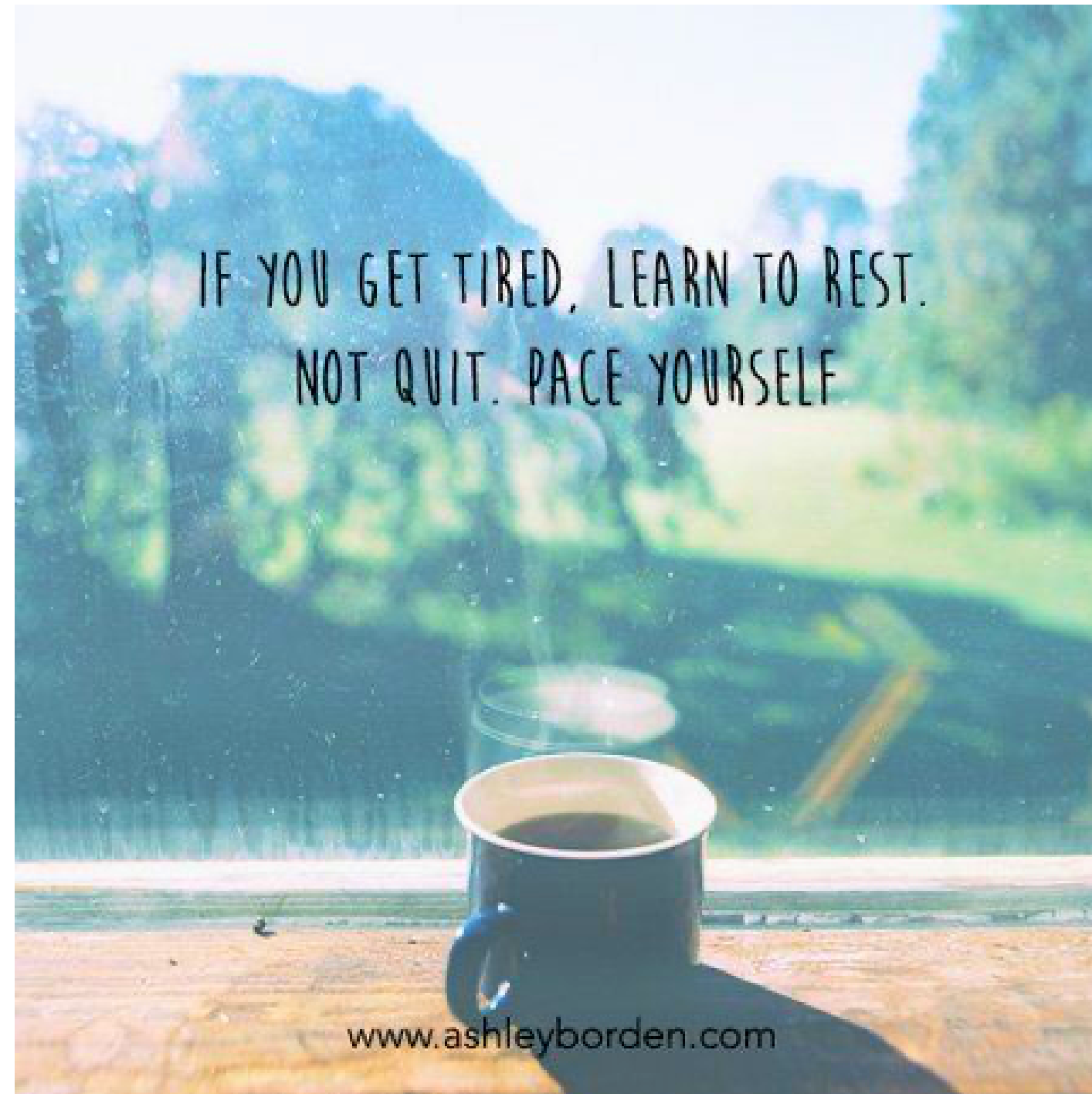


# *Guidance for Mature PGRs*

Work life balance  
challenges





<https://www.pinterest.co.uk/pin/123004633558356802/>



Doing a PhD can be quite demanding, and at times, it can seem as if it absorbs all your time and energy. How can you achieve a work and life balance during the PhD?



# *Pace yourself*

You have to pace yourself whilst doing a PhD and make sure you put your self-care first, otherwise you may burn out. Your self-care needs will be unique to you.

You will also need time to process everything you read, and to reflect on how that new information changes your own project and expectations.

Don't try to rush through things or compare yourself to others in your cohort.

Work at your own pace.





# *Pace yourself*

- Sometimes, it can seem like there's so much to do there's no way you can handle it all.
- When this happens, it's easy to neglect your own self-care. How can you find the time to exercise, to eat and sleep well, to spend time with friends, or to just relax for a moment when there are a million other things to do?
- But if you neglect yourself for too long, how can you expect to perform at the level you need to cope with these demands? How can you solve difficult problems and produce good work if you're exhausted, unhealthy and unhappy?
- It's when you feel like you don't have the time that it's most important to look after yourself.



# *Prioritise your values*

- When you have a limited amount of yourself to give, it is important to give to the things that you value the most.
- Before you commit to something, see how highly you value it.
- The ability to prioritise tasks is crucial for time-management.
- Not all tasks are equal and not all tasks have to be perfectly executed.





# *Set realistic expectations*

- Before signing up for something that is emotionally and/or physically demanding, have a hard talk with yourself about whether or not you are able to do this activity.
- Do you have the time, energy and resources to make this happen?
- What will it cost you tomorrow?
- Be real with yourself about what you can handle.





# *Get peer support*

Feeling lonely and isolated during your PhD is a common and normal reaction.

Here are some ideas for how you can start to reach out to other PGRs:

- Join PGR meetings in your department
- Attend PGR training courses provided by the university
- Join the Exeter PGRs Shut Up and Write Group. This is run by PGRs for PGRs and runs 365 days a year. The group uses the Pomodoro technique of working for 25 minutes then having a 5 minute break. To join, simply request via the link below:-

<https://teams.microsoft.com/l/team/19%3a1dfc4e76b52a4520b1b96dde4aa6845f%40thread.tacv2/conversations?groupId=057d7b5e-e9a1-41be-b70c-e3e5d016f88c&tenantId=912a5d77-fb98-4eee-af32-1334d8f04a53>



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