

How's life?

Early career researchers' well-being and
resilience

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Welcome!

Please write in **chat**:

- Who you are...
- What city you are in at the moment...
- On a scale from 0 to 10 (where 10 is the maximum score): How happy do you think PhD students are?

Find something **blue** and **orange** that you can show on camera



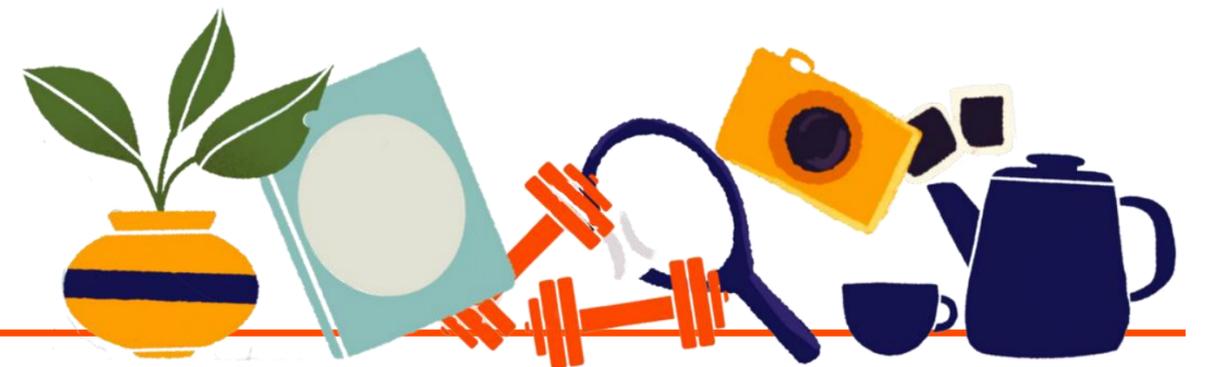
GOALS

KNOWLEDGE AND INSIGHT ON

- well-being
- resilience
- enhancing these two

COMPETENCE IN

- enhancing well-being and resilience



how's life?

Programme

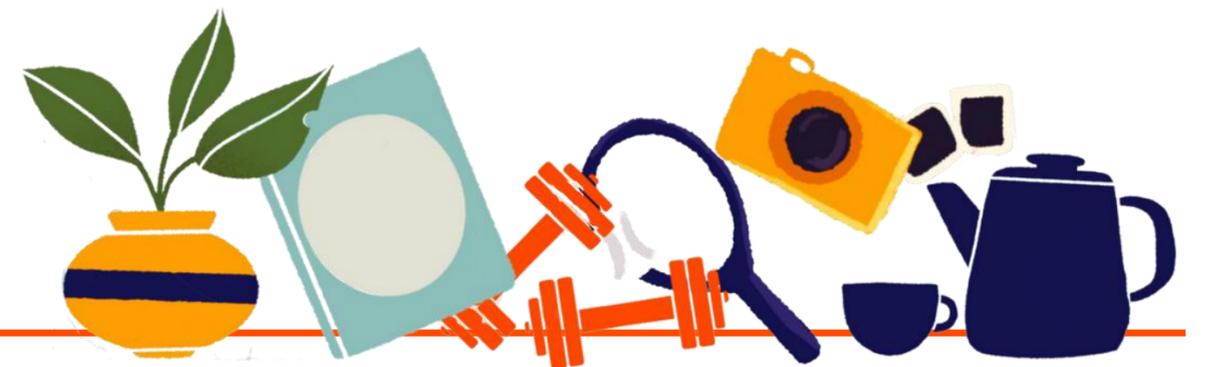
GENERAL INTRODUCTION

UNDERSTANDING WELL-BEING AND RESILIENCE

BUILDING RESILIENCE AND WELL-BEING

SHARING AND REFLECTION

STAYING CONNECTED



how's life?



Facts & Figures

50% of the PhD students had a score on the GHQ that was a reason for concern.

TRUE or FALSE



Facts & Figures

PhD students' mental health increased after the COVID pandemic.

TRUE or FALSE



Facts & Figures

PhD students' mental health was higher during their bachelor and/or master phase.

TRUE or FALSE





Facts & Figures

PhD students score higher than a 6 (out of 10) on the happiness scale.

TRUE or FALSE





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Facts & Figures

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TRUE



Understanding well-being & resilience

- well-being
- resilience
- challenges
- resources



PADLET TIME

WELL-BEING

What is well-being?

RESILIENCE

What is resilience?

CHALLENGES

What are some of the biggest challenges you face in maintaining well-being as an early career researcher?

RESOURCES

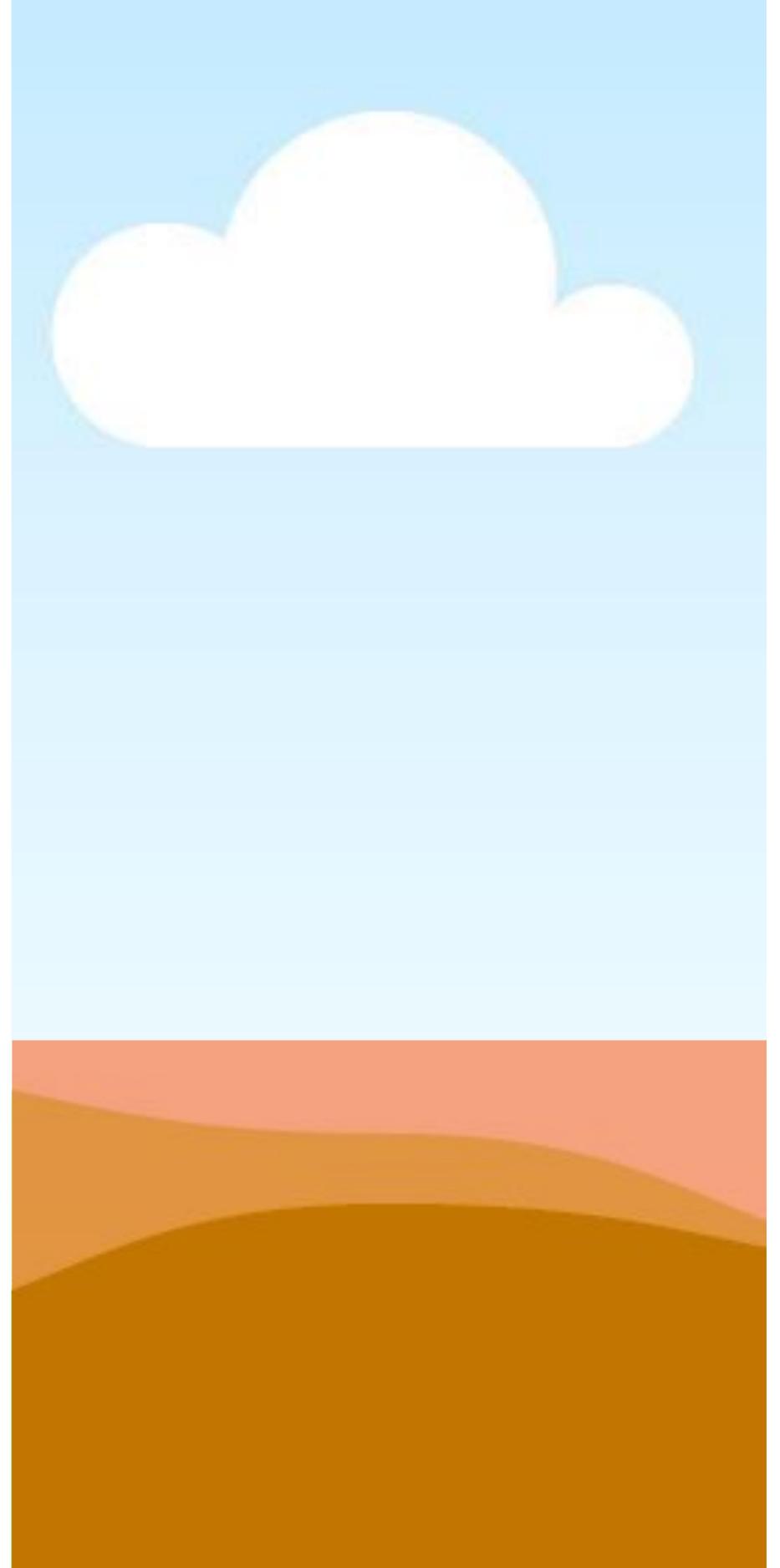
Which of the resources do you have to face challenges?

BEST THING

What is the best thing of being an (early career) researcher?

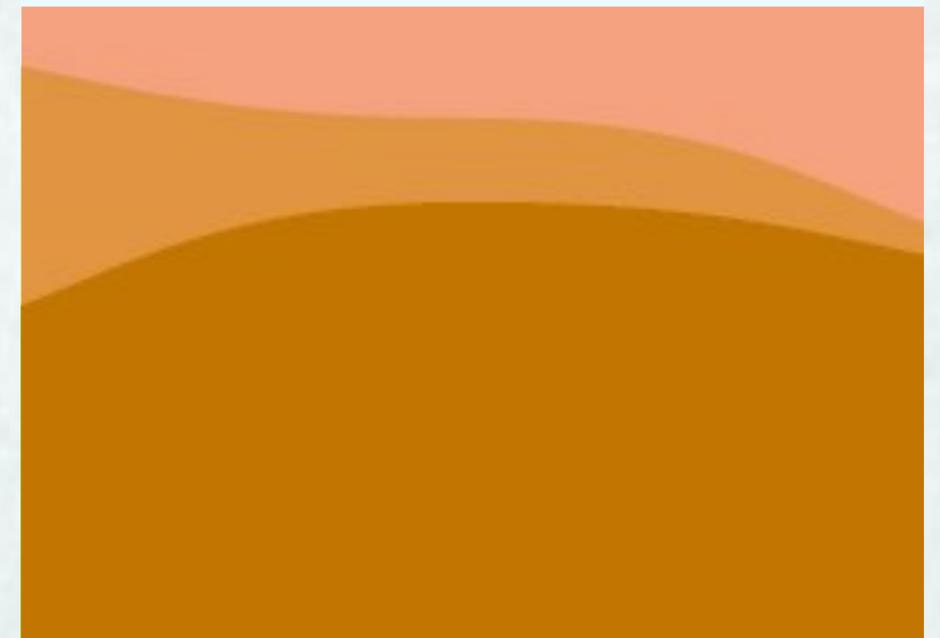
Well-being WHO

Well-being is a **positive state** experienced by individuals and communities. Like health, well-being is a **resource** for everyday life and is determined by **social, economic** and **environmental** conditions. Well-being encompasses **quality of life** and the ability of people and communities to **contribute meaningfully and purposefully to the world.**



Resilience

The **process** or **ability** to **navigate through challenges, recover** quickly and **flourish** on both **professional** and **personal** levels using **strategies**, personal and contextual **resources** resulting in positive thoughts about self, well-being and dedication to the researcher profession.



Relationship





Challenges

ASPECTS THAT NEGATIVELY AFFECTED MENTAL HEALTH

- Insecurities about own capabilities (46%)
 - Workload (40%)
 - Problems with work-life balance (39%)
 - Not being able to finish in time or doubts about that (35%)
 - Not achieving good results (35%)
 - Procrastination or lack of motivation (35%)
 - Career worries (72% indicated sometime + often + all the time)
-



Resources

ASPECTS THAT POSITIVELY AFFECTED MENTAL HEALTH

- opportunity to learn about topic of interest,
 - interacting with colleagues (sparring and support),
 - feelings of accomplishing something,
 - freedom and flexibility in research and working hours,
 - support and acknowledgment from supervisors,
 - contribution to personal development,
 - gaining professional skills,
 - provision of income
 - opportunities for future career
-

Building resilience & well-being

- BRiTE framework
- Floreraar boardgame
- Reflection



BRiTE

BUILDING RESILIENCE IN TEACHER EDUCATION

Mansfield, C. F., Beltman, S., Broadley, T., & Weatherby-Fell, N. (2016). Building resilience in teacher education: An evidenced informed framework. *Teaching and Teacher Education*, 54, 77–87. [Mansfield](#).

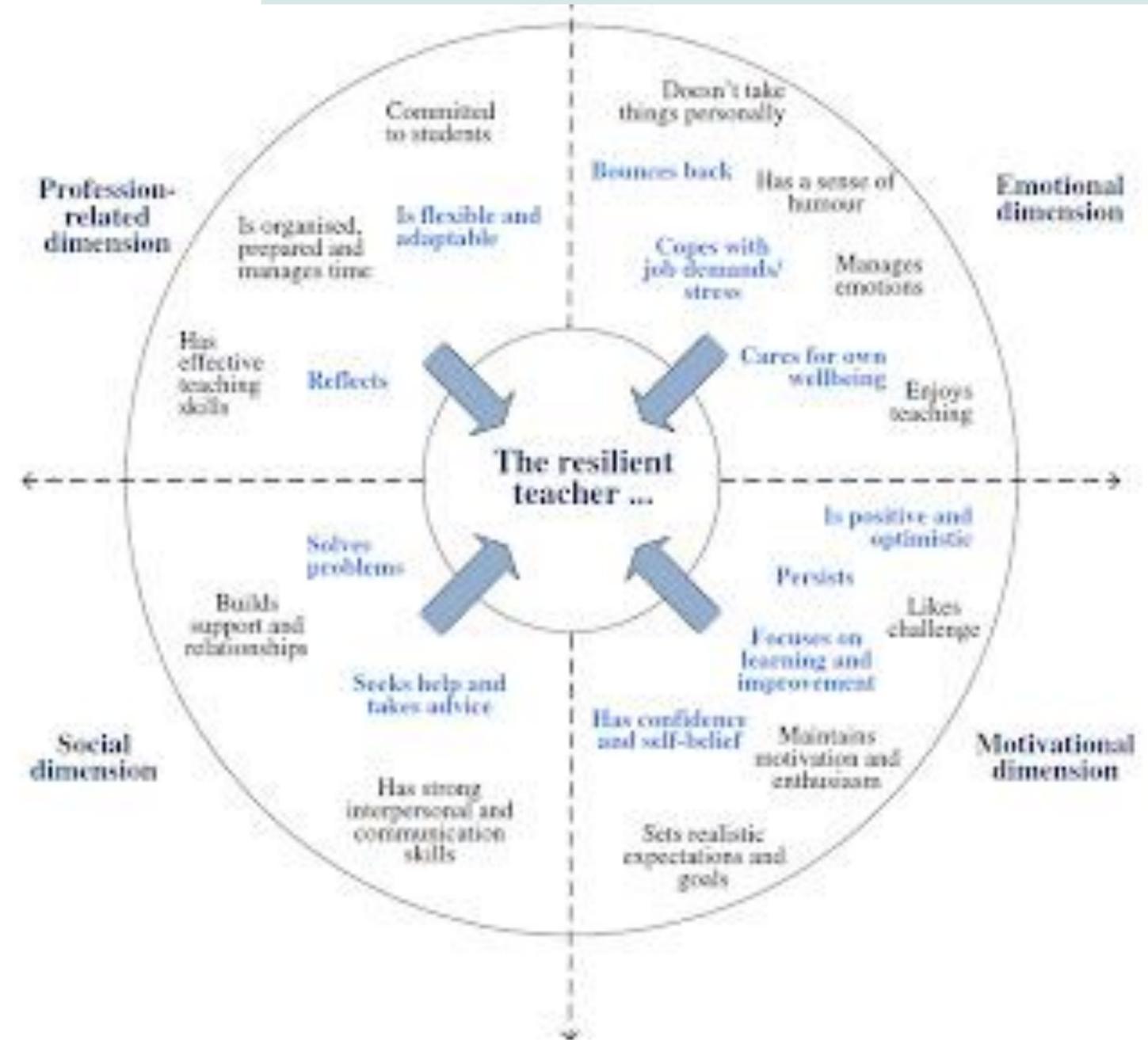


Fig. 1. A four dimensional framework of teacher resilience.

BRiTE

BUILDING AWARENESS

what, why important, how

RELATIONSHIP/SOCIAL NETWORK

network (private and professional)

WELLBEING

motivation, physical well-being

INITIATIVE

professional development, planning, time-management

EMOTIONS

what, thoughts, behaviour, manage



EXPLORING YOUR RESOURCES

FLOREERAAAR?! BOARDGAME



RESILIENCE

How would you describe a resilient researcher?

RELATIONSHIP

How can you pro-actively work on your social network upcoming month?

PERSONAL WELL-BEING

What gives energy? What takes energy?

EMOTIONS

Think back at an emotion you experienced. What were the underlying thoughts?

TAKING INITIATIVE

How are you going to invest in your professional development the coming weeks?

Staying connected

- take-away
- action
- stay connected

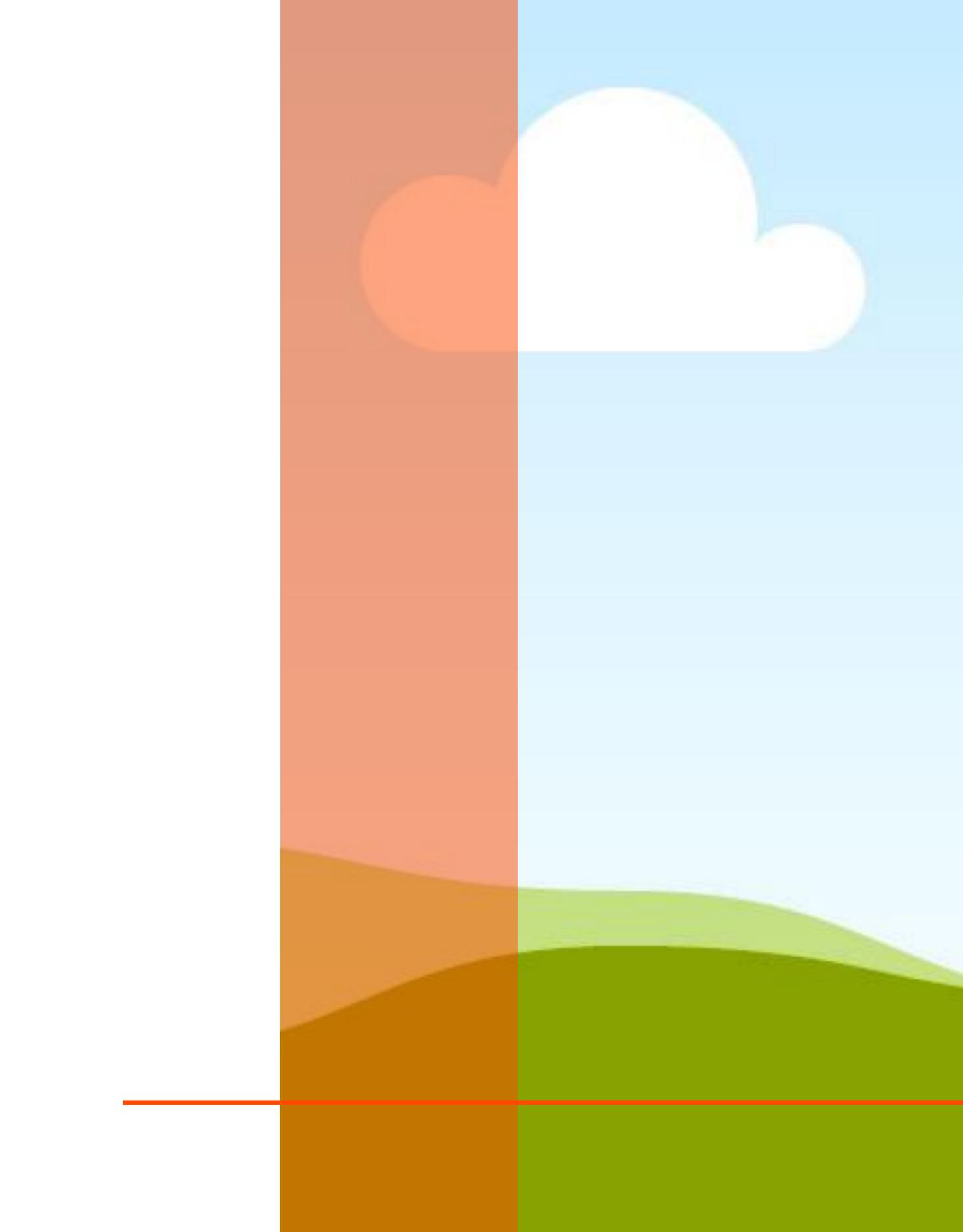




Take-away

What would be your main takeaway from this workshop?

Can you give us a tip on how to work on enhancing your resilience and well-being?



Be sure to stay
connected

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