Managing your Mental Health during your PhD

Zoë J. Ayres

Managing your Mental Health during your PhD

A Survival Guide



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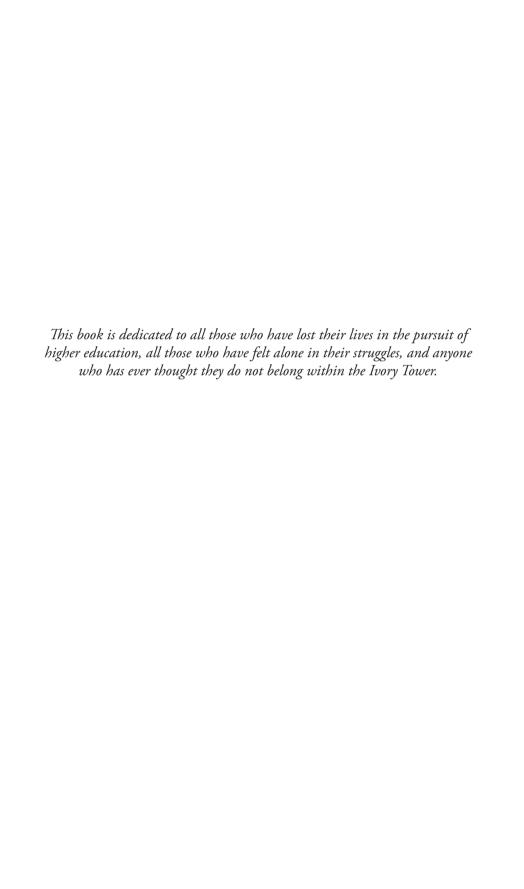
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About the Author



Zoë Ayres, (PhD) is an analytical scientist by profession, with a PhD in electrochemical sensor development. After spending several years as a postdoctoral researcher in academia post-PhD, she now works as an industry scientist. Additionally, Zoë is a mental health advocate, spurred on by experiencing mental illness herself during her PhD. Her advocacy work, drawing on lived experience, focuses on improving mental health in research settings, primarily focusing on PhD men-

tal health. She raises awareness of the common issues PhD students face through various campaigns and initiatives, and can be found under the handle @zjayres on Twitter.

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