

# Managing your Mental Health during your PhD

Zoë J. Ayres

# Managing your Mental Health during your PhD

A Survival Guide



Springer

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*This book is dedicated to all those who have lost their lives in the pursuit of higher education, all those who have felt alone in their struggles, and anyone who has ever thought they do not belong within the Ivory Tower.*

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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 mental 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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