

A healthy career in Astro

What does it look like? And how to achieve it?

Dr. Dorottya Szécsi

*Humboldt Research Fellow at Uni zu Köln
Assistant professor at the Nicolaus Copernicus University, Poland*

SFB – Uni zu Köln, 9 Dec. 2020

Have you ever felt like...?



Suggested reading to start:

Academic Work-Life Balance: Ideas for How to Achieve It

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- *I wish I had time to read a book!*



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- ...depressed? :/



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You're not alone!

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How much of it is real?

By Ilona Lipp and Jean Chen:

**Can you have it all? A story about
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- Where is the right balance?

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Storytime! ;)



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- We may think we're being efficient by putting long hours into our work.
- But we're fooling ourselves. *Extended work without a break has diminishing returns.*



Depression & anxiety

Evans et al. (2018):
Evidence for a mental health crisis in graduate education
Nature Biotechnology, volume 36, pages 282–284



Depression & anxiety

- PhD students are *6x more likely* to show symptoms of depression and anxiety
 - prevalence of moderate-to-severe depression: 39%
 - female students are effected more frequently

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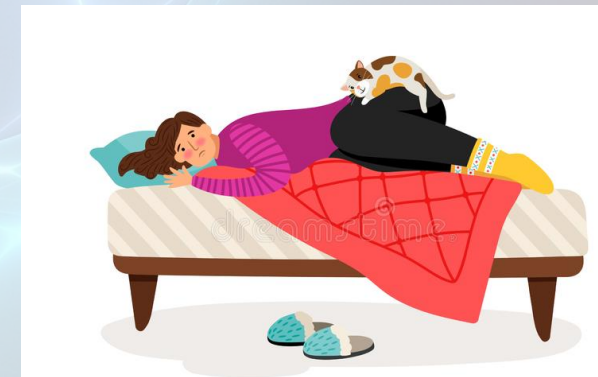
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Depression & anxiety

- PhD students are *6x more likely* to show symptoms of depression and anxiety
 - prevalence of moderate-to-severe depression: 39%
 - female students are effected more frequently
- Symptoms:
 - bad mood – de-energised – hard to get up from bed
 - don't enjoy things you used to
 - concentration problems even after minimal effort
 - problems with sleep, appetite, sex
 - feeling of guilt and worthlessness



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Talking about the system...



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- What to do?



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 - individual well-being



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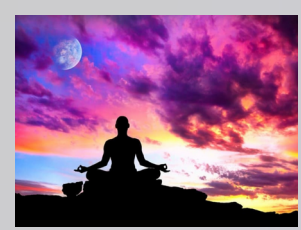


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 - organize!



Well-being as an individual





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- take breaks



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- take breaks
 - regular! *or at least learn to recognize when you need it...*



Well-being as an individual

- take breaks
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- sport



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- ask yourself whether your current strategies are successful



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How many hours do you sleep a day??



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- *learn who you are*
- *...we are not robots.*





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- Thanks for inviting me!! ;)



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 - it may not even be their fault anyway

*What do you all
think?*