Women in Research "Small Wins" Webinar" Series: Managing Your Mental Health and Well-Being at Work

07 - 07 Oct 2020

Poll results

Table of contents

- If you have experienced stress or burnout during COVID-19, what factors have contributed to your experience?

- What are some ways you could show yourself greater self-compassion?

- What has helped support you during COVID-19?

slido

If you have experienced stress or burnout during COVID-19, what factors have contributed to your experience?

0 2 2

Uncertain information   agree with survey results

increased admin/logistics

uncertainty in peronal li

uncertainty

Work/life segmentation

limited boundaries

Teaching

insecurity uncertainty regarding job

overseas bereavements

Overload

workload

Money

partner's job loss

conflict

lack of appreciation

work-life balance

illness

Childcare

separated from loved ones

Uncertainty regarding cov

no gap between home& work

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What are some ways you could show yourself greater self-compassion?

0 1 3

- Accept positive feedback
- There is no 'fail' in my dictionary; just lessons. Life goes on with lessons I learnt.
- Celebrate success.
- step back
- Recognize small steps towards larger goals
- I don't feel I deserve it.
- time alone
- Time-out
- Treat myself fairer
- Make some time to put myself first

- daily reflection of 3 things I did well
- Acknowledge feelings
- Taking a moment before reacting negatively, and maybe reflecting on negative self thoughts.
- Acknowledging the difficulty of my work for me

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What has helped support you during COVID-19? 0 2 0

Online shopping

watching lots of netflix

Chatting to others

new project

Family

movement

Meditation

colleague

reading

jobkeeper payment

my husband

acknowledging struggles

winr

scheduled video chats

Friends

Hobbies

taking a break

online music gigs

Using zoom strategically

Supportive Spouse

working from home

my partner

Knitting

A supportive team

My family and colleagues

videochats w/ friends

Clode friend

Peers working in the same

Family and line manager