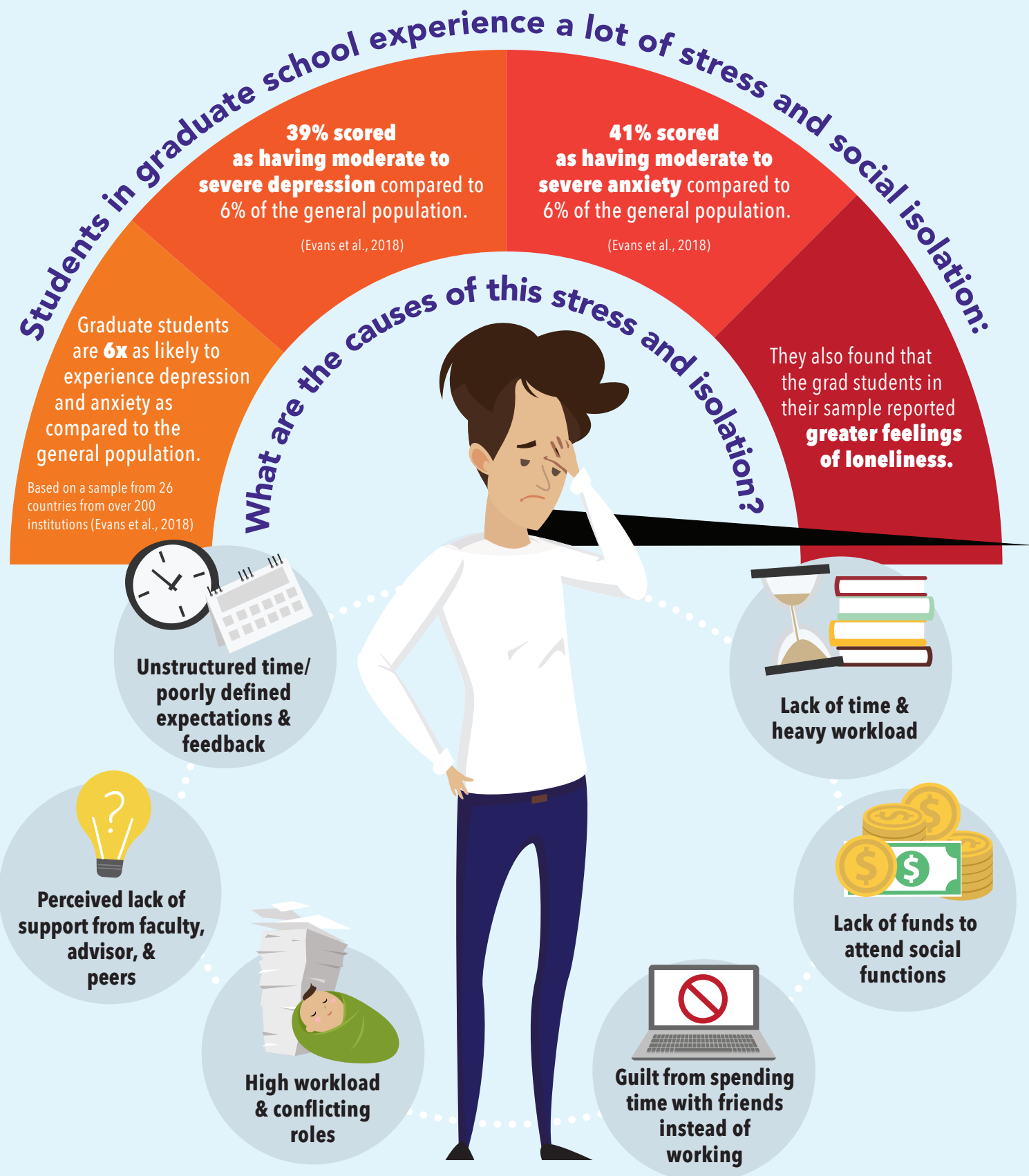


# STRESS, SOCIAL ISOLATION, AND COPING IN GRADUATE SCHOOL



# How can you cope in graduate school?

## Work-life balance

is positively correlated with better mental health outcomes (Evans et al., 2018), so it is important to structure and plan your time to include enough time to get your work done, but also to include time for breaks, days off, and social activities.

## Don't struggle alone, ask for help!

For academic help you can go to your advisor, committee members, peers, lab mates, and other specific resources on campus such as the library and the writing centre.

## For social support

you can use the resources at the Wellness Centre, go to the Peer Support Group, reach out to friends and family, peers, and lab mates.

## Take care of your physical health too;

eat healthy, get enough sleep, and make time to exercise!

## Find meaning in your work!

**Don't put your life on hold for grad school!** Whether you are here for 1 year or 7 years, be sure to make time to enjoy your life outside of school and celebrate the milestones you reach before graduation.

## Getting involved on campus

by joining a GSA committee, or attending social events is a great way to stay connected.

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