

# Initiatives to Promote the Wellbeing of Postgraduate Researchers at BU

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## Introduction

In relation to wellbeing support, there has been the assumption that what works for undergraduate students will work for postgraduate researchers (PGRs). As a result, a lack of interventions have been designed specifically with PGRs in mind.

## Aims

This PhD project aimed to trial evidence-based wellbeing initiatives, co-produced with PGRs. This poster provides an overview of the pilot initiatives, including a peer-support area on Brightspace and a series of workshops focusing on methods to cope with the stresses of research.

## Workshops

The workshops were designed to promote the following ways of coping:

Project Planning

Active coping, planning, problem solving, information seeking

Mentoring

Support seeking, information seeking, positive reframing

Mindfulness

Emotional regulation, acceptance, accommodation

The results show slight increases in wellbeing, self-efficacy and adaptive coping for those who took part. The qualitative feedback from attendees was overwhelmingly positive:

*"I found the workshops informative and enjoyable. I felt there was a therapeutic benefit not only from the knowledge gained but feeling like I am taking positive action in helping reduce stress."*

## Peer-led VLE

The PGR Peer Support area on Brightspace was also launched to help to support PGRs and help them to feel connected during lockdown. The content includes video interviews with PGRs, and discussion boards where peers can connect with each other.

### Research during Covid

Malika Felton, Raysa El Zein, Jo Wells and Chloe Casey are all PGRs from the Faculty of Health and Social Sciences.



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