In these unprecedented times, many of us are finding ourselves without the ability to perform lab work and are having to self-isolate. This poster explores some of the options for PhD researchers in these uncertain period to help alleviate pressure, guide productivity and maintain mental wellness.

**SCIENTIST WITHOUT A LAB? A PhD RESEARCHER GUIDE TO COVID-19**

- **WRITE YOUR INTRO**
  Take this opportunity to review your field, understand seminal work and write your thesis introduction. Consider writing a review article - this often can be used as an introduction.

- **BUILD YOUR EXPERIMENTAL**
  You know roughly what techniques you will use. Write about how the techniques work and detail your procedures from your lab books. If your lab books are, well, lacking - time to fix that!

- **MAKE BEAUTIFUL FIGURES**
  Often neglected - make some great figures to go in your thesis. Use the time to get to grips with graphical software - a skillset useful beyond the PhD.

- **CONNECT WITH COLLEAGUES**
  Use online tools to speak to colleagues such as Zoom/Skype. Consider team coffee breaks or lunches too! Use this time to connect with collaborators across the globe.

- **CREATE A SCHEDULE**
  Think about creating a schedule to stick too, as well as using tools like the pomodoro method to manage your time. Remember no one works solidly all day - take breaks!

- **LEARN TO CODE**
  Automating data processing by investing in your ability to code will ultimately make your lab work faster and smoother when you return to the lab.

- **CREATE TEST PLANS**
  Plan out your experiments so that when you get back in the lab you can be super efficient with your remaining time. Don’t underestimate the importance of thinking time!

- **WORK ON PAPERS**
  Use this time to write up papers for publication. Not enough data? No problem! Write about what you expect to see and collect the data/modify the draft when you return.

- **LET GO OF THE GUILT**
  Remember, everyone is in the same position and productivity will drop. COVID-19 is *not* your fault. Doing what you can is good enough.

- **TAKE TIME FOR YOU**
  Isolation can take its toll. Make sure to take time for you, doing other things you enjoy. Most importantly, look after your health. Family and your wellness comes first!

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**SELF-HARMING? SUICIDAL THOUGHTS? NEED HELP?**

CALL CAPS at 1-919-966-3658 (24/7)
National Suicide Hotline at 1-800-273-8255 (TALK)

Part of the #mentalhealth series by Dr Zoe Ayres (@zjayres). Free to distribute.