Perils of a postdoc: mental health awareness

This poster explores some of the common stressors that postdoctoral researchers experience on their climb for academic excellence.

Compete or perish
With extremely limited tenure positions, postdocs can often feel pitted against one another to achieve a permanent faculty position.

Family commitments
Long hours, a ticking biological clock and better work-life balance elsewhere can add pressure to leave the academy. Caring responsibilities can add strain.

Idea generation
The pressure of having to propose the "next big thing" can lead to feelings of inadequacy and foster imposter syndrome.

Teaching experience
To progress in academia, teaching experience is needed but opportunities to do so are often very limited, ultimately affecting progression.

Global challenges
The need to be mobile and get experience in different postdocs around the world is often emphasized. This can lead to culture integration issues and separation from loved ones.

Need for independence
The need for independence in order to apply for fellowships is high, but stepping out from under a PI's shadow can be tough. Having support to pursue an academic career from the PI is often essential.

Position instability
The prevalence of short-term contracts can lead to anxiety and the inability to settle down in a particular location, having financial and personal impact.

Altac sell-out
The narrative often is that if you opt to choose an alternative career outside of academia you have 'failed' and 'sold out'.

A star is born
Corresponding author positions are often needed to show research independence but achieving this can be difficult without already having a permanent faculty position.

Don't get stuck
There is often pressure to not get 'stuck' in a postdoc and move on to the next opportunity else you might never make it.

Burnout or drop out
The culture of research often implies that if you are not working 24/7 then you are not passionate enough resulting in feelings of guilt and ultimately leaving academia.

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.