

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.



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.

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.



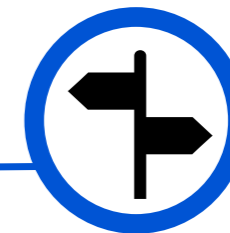
POSITION INSTABILITY

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.



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.

This poster is made with Microsoft Icons.