

GENERAL WELLNESS TIPS FOR POSTDOCS

1

SLEEP WELL | EXERCISE REGULARLY | EAT RIGHT

Your body needs both rest and stimulation to maintain its energy levels and increase productivity.

2

SOCIALIZE WITH FRIENDS & FAMILY

Call a friend, grab a coffee with a colleague, arrange a group activity with your fellow postdocs!

3

WORK/LIFE BALANCE

Your work is important, but your work should not be your entire life. Set boundaries and step away from your workspace for short, periodic breaks.

4

STAY ORGANIZED

A calendar, planner, or to-do list can make all the difference in your productivity and goal-oriented behavior.

