## SCIENTIST WITHOUT A LAB? A PhD RESEARCHER GUIDE TO COVID-19 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. WRITE YOUR INTRO LEARN TO CODE Take this opportunity to review Automating data processing your field, understand seminal by investing in your ability to code will ultimately make your lab work work and write your thesis introduction. faster and smoother when you return to the lab. Consider writing a review article - this often can be used as an introduction! CREATE TEST PLANS ¥= BUILD YOUR EXPERIMENTAL Plan out your experiments so that when you get back in the lab you You know roughly what techniques you will use. Write about can be super efficient with your remaining time. how the techniques work and detail your Don't underestimate the importance of thinking time! procedures from your lab books. If your lab books are, well, lacking - time to fix that! WORK ON PAPERS MAKE BEAUTIFUL FIGURES Use this time to write up papers for publication. Not enough Often neglected - make some data? No problem! Write about what you expect to see great figures to go in your thesis. and collect the data/modify the draft when you return. Use the time to get to grips with graphical software - a skillset useful beyond the PhD. CONNECT WITH COLLEAGUES LET GO OF THE GUILT Use online tools to speak to colleagues such as Zoom/Skype. Remember, everyone is Consider team coffee breaks or lunches too! in the same position and productivity Use this time to connect with collaborators across the globe. will drop. COViD-19 is \*not\* your fault. Doing what you can is good enough. CREATE A SCHEDULE TAKE TIME FOR YOU Think about creating a schedule to stick to, as well as using tools like Isolation can take its toll. Make sure the pomodoro method to manage your time. to take time for you, doing other things Remember no one works solidly all day - take breaks! you enjoy. Most importantly, look after your health. Family and your wellness comes first! STRUGGLING WITH ISOLATION? CALL SAMARITANS NOW ON 116-123 Part of the #mentalhealth series by Dr Zoe Ayres (@zjayres). Free to distribute.