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 times to help alleviate pressure, guide productivity and maintain mental wellness.

**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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**Struggling with isolation?** Call Samaritans now on 116-123

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