

Health and Wellness

Health is Priority One

Your first priority should always be your own health, safety, and well-being. Vivek will never intentionally ask you to compromise your health. If you think that a request from Vivek might do so, let him know as soon as possible and he will make other arrangements.

Overview

No research activity -- a paper, a proposal, a presentation -- is more important than your physical, mental, and emotional well-being. Graduate students and postdocs are often placed under [a variety of stress factors](#). The resulting consequences can be extremely severe.

If you feel you may be facing mental health challenges, you're not alone! Quoting from an [Inside Higher Ed report](#) on a [Nature Biotechnology study](#) on graduate student mental health:

Several studies suggest that graduate students are at greater risk for mental health issues than those in the general population. This is largely due to social isolation, the often abstract nature of the work and feelings of inadequacy -- not to mention the slim tenure-track job market. But a new study in Nature Biotechnology warns, in no uncertain terms, of a mental health "crisis" in graduate education.

"Our results show that graduate students are more than six times as likely to experience depression and anxiety as compared to the general population," the study says, urging action on the part of institutions. "It is only with strong and validated interventions that academia will be able to provide help for those who are traveling through the bioscience workforce pipeline."

In [economics](#),

In one unspecified program, 10 percent of students had moderately severe or severe depression symptoms. Twelve percent had severe anxiety symptoms. Four percent of respondents had both moderately severe or severe depressive symptoms and severe anxiety. About 13 percent of the sample was in treatment for anxiety, and 13 percent for depression. The five students suffering from moderately severe or severe