## How are you feeling about your PhD?



We can help...

## We are here to support you during your PhD

The Wellbeing Thesis is a resource for postgraduate research students to support your wellbeing, learning and research.

We can help you to:

- Set yourself up to do the best
- Challenge common postgraduate myths
- Feel in control of your postgraduate research journey
- Manage the ups and downs of postgraduate study
- And much more...

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