This visualisation is an adaptation of the jam-jar metaphor for mental health. Once the vessel is full, a person has no more room to cope with environmental stress and feelings may 'bubble over' leading to a psychiatric episode. By building coping strategies, we can learn to adapt, prioritise our health and grow the size of the flask. The exact mix of factors that are in the flask vary person to person.

**Prior to the Pandemic**
- Factors that influence overall wellbeing kept under control due to self-care practices.
- The beaker can still overflow during normal life when our mental health takes a hit.

**During the Pandemic**
- Physical exercise may have been a coping strategy that is now limited.
- Anxiety increased due to pandemic and barrage of news.
- Physical load has increased taking up more space in the flask.
- Change in schedule may lead to increased depression usually kept under control.
- Additional emotional tolls can impact our mental health.

**Some tips to manage your mental health during COVID-19 (and prevent the flask getting full)**

- **Speak to a professional**
  - Speak to a medical professional about how you are feeling. Your feelings are valid irrespective of a pandemic. This may lead to interventions such as medication or counseling to help you manage your mental-health.

- **Focus on what you can control**
  - In a time where many things feel out of our control focusing on what we "can" control can help us feel less anxious and worried. We can then channel that energy into other areas.

- **Make time for exercise**
  - Endorphins released during sport can lift our mood. If it’s getting outside for a run, lifting the ears of beans in the house, or stretching, doing a little bit of exercise is important.

- **Create a schedule**
  - By planning your days you can concentrate on the things you "can" control. The important thing here is to give yourself both a degree of accessibility, yet be forgiving if you don’t achieve everything you aim for.

- **Communicate with others**
  - Talk through how you are feeling with others. Reach out to loved ones and make sure to stay connected during this time. There are a range of support groups and forums online.

- **Productivity comes second**
  - We must recognise that basic needs like food, health and family need to come first during this time. Only then can we be productive. Let people know if you are struggling to hit deadlines.

- **Learn something new**
  - If you have the capability to, learning a new hobby or skill can be especially helpful. This may be a way to help you manage your feelings and distract you from what is happening.

- **Let go of the guilt**
  - Even if it’s just a minute per day, taking the time to reflect, be present, and relax can be incredibly calming. There are some excellent apps available to get you started.

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Find more about the Jam-Jar concept for mental health here:
1. https://www.bbc.co.uk/mediacentre/mediapacks/mental-health-and-me/depression

Part of the #mentalhealth series by Dr Zoë Ayres (@zjayres). Free to distribute.
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 this uncertain period 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 to, 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!

STUGGLING WITH ISOLATION? NEED SOMEONE TO TALK TO? CALL SAMARITANS NOW ON 116-123

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