
FEUP
Healthy Minds

You deserve it



Contacts

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Psychological support by appointment:

Mondays to Fridays, from 9:30 to 15:30

ORIENTATION AND INTEGRATION OFFICE

FEUP FACULDADE DE ENGENHARIA
UNIVERSIDADE DO PORTO

Mental Health during Thesis or Dissertation



It's common for students' mental health to deteriorate during the process of writing a thesis or dissertation. But should this really be the case?

Doing research: myths and facts

“You should have results by now!”

Research does not happen in a linear way. Your project is unique and is designed to make an original contribution to knowledge, therefore it is not possible to compare its progress. What's more, everything you find in your research will be valuable evidence for science!

“I must publish!”

The aim of research is not to produce lots of articles. It's about building knowledge, questioning and reflecting on research and disseminating that information with purpose and accuracy!

“I have to be working all the time!”

Working longer hours doesn't necessarily mean being more productive... Maintaining productivity throughout the research requires you to ensure a good level of energy, and for this you need to rest and take breaks.

“I am in debt to my supervisor”

Feeling grateful to your supervisor for agreeing to mentor you or for their support does not imply working on projects other than your own, sacrificing your well-being and life balance.

“I'm invisible in the academic/scientific community”

Because of the stage you're at, you may feel invisible within the university (because you're in a minority, because you attend less,...). But in reality, you're contributing to the university defining itself as such!

“Burnout is inevitable!”

It is possible and desirable to do a thesis or dissertation without compromising your health! Getting sick shouldn't be a price to pay.

What can you do?

Remember that **all results are a fundamental part of science** and trust that, with your work, research will produce the results you need on time.

Don't forget that **comparison is a biased way of measuring your success!**

Adopt a **work schedule that includes the necessary and well-deserved rest.**

Communicate regularly with your supervisor about possible work overloads and other difficulties you're experiencing.

Connect with other thesis students, **share experiences** and **create formal and informal channels of communication** with the university.

Give yourself permission to **enjoy your research, maintain your well-being and take care of yourself** - embrace the idea of being a productive and creative researcher!