

# WELLBEING AND STRESS

## WPA

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Do you work longer than the norm? (51% yes)

- Needed for merits (24%)
- My tasks cannot be done within norm time (27%)
- Nobody else to take over (26%)

Sick leave related to conditions at the workplace (18 cases)

- Workload or other demands for the work (69%)
- Pain in muscles related to work (31%)

I seldom experience stress (scores from 1 to 5)

- VIP            3.3
- TAP            3.8
- PhD            3.1

# PHD COMMITTEE

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- Increasing rates of sick-leave for PhD students
- Senior staff are extremely busy and not sufficiently capable of attending to students
- Students: “ *We experience that there is no real opportunity for taking a sick leave, irrespective of how stressed we are, because getting an extension is so difficult. This reflects a high work pressure for both students and supervisors*”.
- Students: “ *The issue is difficult to solve for individuals and requires a better understanding and awareness of the mechanisms, including openness of the issues. It is difficult to bring up in the sections at the moment.*”

# YOUR TASK AT EACH TABLE

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Maximum 3 post-its on each of these topics

- Causes of stress among PhD students and other staff
- What can I do to help?
- Good examples of how reduce stress and improve wellbeing

After 15 minutes bring the post-its to the boards up front

We will collate the material and write a piece in the AGRO Biweekly